



Leeds & Grenville Peer Support

Prescott 360 Dibble St West 3rd Floor

Tues & Wed 4pm - 8pm

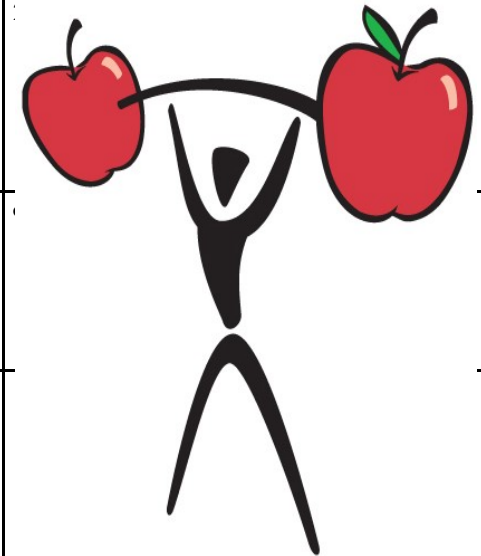
Prescott 277 King St West, Monday & Thursday 5pm - 9pm

(613)213-0774 - (613)349-6243

www.psseo.ca

JUNE *Healthy Living*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:00-7:00PM Gab Group 7:00-9:00PM Movie Night		
4	5 5:00-7:00PM Craft Night with Rob 7:00-9:00PM Cards	6 4:00-6:00PM Puzzles 6:00-8:00PM Cards	7 4:00-8:00PM Board Games	8 5:00-7:00PM Mandalas 7:00-9:00PM Sleep Talk with Rob		
11	12 5:15-6:30PM Managing Diabetes with Dietitian Darlene McKay 7:00-9:00PM Cards	13 **4:00-8:00PM** Dinner and Movie in Brockville (Meet at King St)	14 4:00-6:00PM Gab Group 6:00-8:00PM Cards	15 5:00-7:00PM Center Meeting 7:00-9:00PM Talk with Karen		
18	19 5:00-7:00PM Craft Night with Sam 7:00-9:00PM Cards	20 4:00-6:00PM Puzzles 6:00-8:00PM Cards	21 **4:00-6:00PM** Kings Kitchen 6:00-8:00PM Cards	22 5:00-7:00PM Mandalas 7:00-9:00PM Cards		
25	26 5:00-7:00PM Gab Group 7:00-9:00PM Bingo with Rob	27 4:00-6:00PM Mandalas 6:00-8:00PM Cards	28 4:00-8:00PM Board Games	29 **5:00-7:00PM** Center Dinner (BBQ on the water) 7:00-9:00PM Fresh Air Talk with Sam		



TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.