



Belleville Freedom Peer Support Centre

Monday - Friday 10AM - 3PM

Saturday 9AM - 2PM

391 Front Street

(613)969-1772/bfsc@psseo.ca

JULY

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	Centre CLOSED Canada Day	3 10:30 AM Horoscopes 12:00 PM Lunch 1:00 PM Arts & Crafts	4 10:00am Life Skills 10:30 AM AMHS Clinic 12:00 PM Lunch 1:00 PM Chess	5 10:30 AM Cards 12:00 PM Lunch 1:00 PM Board Games	6 10:30 AM Garden Club 12:00 PM Lunch 1:00 PM Bingo	7 9:30 AM Mindful Relaxation 11:00 PM Brunch 12:00 PM Netflix
8	9 10:30 AM Weekend Wrap-Up 12:00 PM Lunch 1:30 PM CLOSED	10 10:30 AM Horoscopes 12:00 PM Lunch 1:00 PM Arts & Crafts	11 10:00 AM Life Skills 10:30 AM AMHS Clinic 12:00 PM Lunch 1:00 PM Chess	12 10:30 AM Cards 12:00 PM Lunch 1:00 PM Board Games	13 10:30 AM Garden Club 12:00 PM Lunch 1:00 PM Bingo	14 9:30 AM Mindful Relaxation 11:00 PM Brunch 12:00 PM Netflix
15	16 10:30 AM Weekend Wrap-Up 12:00 PM Lunch 1:30 PM CLOSED	17 10:30 AM Horoscopes 12:00 PM Lunch 12:30 PM Centre Meeting	18 10:00 AM Life Skills 10:30 AM AMHS Clinic 12:00 PM Lunch 1:00 PM Chess	19 10:30 AM Cards 12:00 PM Lunch 1:00 PM Board Games	20 10:30 AM Garden Club 12:00 PM Lunch 1:00 PM Bingo	21 9:30 AM Mindful Relaxation 11:00 PM Brunch 12:00 PM Netflix
22	23 10:30 AM Weekend Wrap-Up 12:00 PM Lunch 1:30 PM CLOSED	24 10:30 AM Horoscopes 12:00 PM Lunch 1:00 PM Arts & Crafts	25 10:00 AM Life Skills 10:30 AM AMHS Clinic 12:00 PM Lunch 1:00 PM Chess	26 10:30 AM Cards 12:00 PM Lunch 1:00 PM Board Games	27 10:30 AM Garden Club 12:00 PM Lunch 1:00 PM Bingo	28 9:30 AM Mindful Relaxation 11:00 PM Brunch 12:00 PM Netflix
29	30 10:30 AM Weekend Wrap-Up 12:00 PM Lunch 1:30 PM CLOSED	31 10:30 AM Horoscopes 12:00 PM Lunch 1:00 PM Arts & Crafts				