



March 2020

Belleville Freedom Peer Support Centre
Monday to Friday 10:00am to 3:00pm
Saturday 9:00am to 2:00pm
391 Front Street, Belleville
613.969.1772

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30 Housing Drop-In 12:00 Lunch 1:00 Mindfulness	3 10:30 Wii Bowl 12:00 Lunch 1:00 Assertiveness	4 10:30 Chess 12:00 Lunch 1:00 Journaling	5 10:30 Wellness Group 12:00 Lunch 1:00 Crafts	6 10:30 Bingo 12:00 Lunch 1:00 Hoarding Group	7 Movie Day 11:00 Brunch Closed @ 1
8	9 10:30 Housing Drop-In 12:00 Lunch 1:00 Mindfulness	10 10:30 Wii Bowl 12:00 Lunch 1:00 Assertiveness	11 10:30 Chess 12:00 Lunch 1:00 Journaling	12 10:30 Wellness Group 12:00 Lunch 1:00 Crafts	13 10:30 Bingo 12:00 Lunch 1:00 Hoarding Group	14 Movie Day 11:00 Brunch Closed @ 1
15	16 10:30 Housing Drop-In 12:00 Lunch 1:00 Mindfulness	17 10:30 Wii Bowl 12:00 Lunch 1:00 Assertiveness	18 10:30 Chess 12:00 Lunch 1:00 Journaling	19 10:30 Wellness Group 12:00 Lunch 1:00 Crafts	20 10:30 Bingo 12:00 Lunch 1:00 Hoarding Group	21 Movie Day 11:00 Brunch Closed @ 1
22	23 10:30 Housing Drop-In 12:00 Lunch 1:00 Mindfulness	24 10:30 Wii Bowl 12:00 Lunch 1:00 Assertiveness	25 10:30 Chess 12:00 Lunch 1:00 Journaling	26 10:30 Wellness Group 12:00 Lunch 1:00 Crafts	27 10:30 Bingo 12:00 Lunch 1:00 Hoarding Group	28 Movie Day 11:00 Brunch Closed @ 1
29	30 10:30 Housing Drop-In 12:00 Lunch 1:00 Mindfulness	31 10:30 Wii Bowl 12:00 Lunch 1:00 Assertiveness				