



Trenton Peer Support Centre - New Beginnings

Monday - Friday 10:00AM - 3:00PM

76 Dundas Street West

613.394.3449

www.psseo.ca

NOVEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30AM Coffee Connection 12:00PM Chili & Bun 1:00PM Bingo	2
3	4 10:30AM Movie 12:00PM Chicken Fettuccini 1:00PM Growth Mindset	5 10:30AM Relationships 12:00PM Taco Rice & Chips 1:00PM Colouring	6 10:30AM Meditation 12:00PM Pancakes & Fruit 1:00PM Letter to Past Self	7 10:30AM My Safe Spaces 12:00PM Lasagna & Garlic Bread 1:00 PM Puzzles	8 10:30AM Coffee Connection 12:00PM Hotdogs & Fries 1:00PM Bingo	9
10	11 10:30AM Puzzles 12:00PM Soup & Grilled Cheese 1:00PM Journaling	12 10:30AM Relationships Green Flags 12:00PM Tuna Casserole 1:00PM Baking	13 10:30AM Music Appreciation 12:00PM Breakfast Sandwich 1:00PM Colouring	14 10:30AM Trivia 12:00PM Chicken Strips & Fries 1:00PM My Story	15 10:30AM Coffee Connection 12:00PM Chili & Bun 1:00PM Bingo	16
17	18 Dinner Night 2:00PM—7:00PM	19 10:30AM Gaslighting 12:00PM Pancakes & Fruit 1:00PM Movie	20 10:30 Art Therapy 12:00PM Taco Rice & Chips 1:00PM Baking	21 10:30AM Coloring 12:00PM Hotdogs & Fries 1:00PM Gratitude Jar	22 10:30AM Coffee Connection 12:00PM Chicken Fettuccini 1:00PM Bingo	23
24	25 10:30AM Music Appreciation 12:00PM Soup & Grilled Cheese 1:00PM Baking	26 10:30AM Board Games 12:00PM Tuna Casserole 1:00PM Boundaries	27 10:30AM Colouring 12:00PM Breakfast Sandwich 1:00PM Movie	28 10:30AM Cards 12:00PM Chicken Strips & Fries 1:00PM My Story	29 10:30AM Coffee Connection 12:00PM Chili & Bun 1:00PM Bingo	30