



AUGUST 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Boundaries Peer Group 6 - 8 pm *Shared Support 12 - 4 pm	2 CLOSED	3 Boundaries Peer Group 6 - 8 pm *Shared Support 12 - 4 pm	4 Freestyle Friday 2 - 4 pm *Shared Support 12 - 4 pm	5 Social Saturday BBQ! 2 - 4 pm
6	7 Online Group 7 - 9 pm CLOSED	8 Fun Peer Group 6 - 8 pm *Shared Support 12 - 4 pm	9 *Shared Support 12 - 4 pm	10 Fun Peer Group 6 - 8 pm *Shared Support 12 - 4 pm	11 Freestyle Friday 2 - 4 pm *Shared Support 12 - 4 pm	12
13	14 Online Group 7 - 9 pm *Shared Support 12 - 4 pm	15 Support Peer Group 6 - 8 pm *Shared Support 12 - 4 pm	16 * Pop Up Wellness Café 1 - 3 pm *Shared Support	17 Support Peer Group 6 - 8 pm *Shared Support 12 - 4 pm	18 Freestyle Friday 2 - 4 pm *Shared Support 12 - 4 pm	19
20	21 Online Group 7 - 9 pm *Shared Support 12 - 4 pm	22 Coping Skills Peer Group 6 - 8 pm *Shared Support 12 - 4 pm	23 CLOSED	24 Coping Skills Peer Group 6 - 8 pm *Shared Support 12 - 4 pm	25 Freestyle Friday 2 - 4 pm *Shared Support 12 - 4 pm	26
27	28 Online Group 7 - 9 pm *Shared Support 12 - 4 pm	29 Relationships Peer Group 6 - 8 pm *Shared Support 12 - 4 pm	30 *Shared Support 12 - 4 pm	31 Relationships Peer Group 6 - 8 pm *Shared Support 12 - 4 pm		

70 The Boulevard, St. John's, NL A1A 1K2 P: (709) 753-7710 www.channal.ca

If you have and questions feel free to call the office or email Heidi at handerson@channal.ca

* Location: Quidi Vidi Rowers Statue. * To engage with one another in a scent-free, safe and sober environment.