

| Monday                           | Tuesday   | Wednesday   | Thursday  | Friday                        | Saturday/Sunday |
|----------------------------------|---|---|---|-------------------------------|-----------------|
|                                  |   | 1<br>Sewing: 1-3pm                                    | 2<br>Beading: 1-3pm                                       | 3<br>Drumming Circle – 1-3pm  | 4/5             |
| 6<br>Mending Mondays:<br>9-11am  | 7<br>Social Circle Drop-In:<br>2-3:30pm<br>Just Breathe Drop-in:<br>3:30-4:30pm | 8<br>Sewing: 1-3pm                                    | 9<br>Beading: 1-3pm                                       | 10<br>Drumming Circle – 1-3pm | 11/12           |
| 13<br><b>Closed All Day</b>      | 14<br><b>Closed All Day</b>   | 15<br><b>Food Bank: L-Z Call Day</b><br>Sewing: 1-3pm | 16<br><b>Food Bank: L-Z Pick Up Day</b><br>Beading: 1-3pm | 17<br>Drumming Circle – 1-3pm | 18/19           |
| 20<br>Mending Mondays:<br>9-11am | 21<br>Sharing Point (Women & Gender Diverse Group)<br>Drop-in: 2-3:30pm         | 22<br><b>Food Bank: A-K Call Day</b><br>Sewing: 1-3pm | 23<br><b>Food Bank: A-K Pick Up Day</b><br>Beading: 1-3pm | 24<br>Drumming Circle – 1-3pm | 25/26           |
| 27<br>Mending Mondays:<br>9-11am | 28  | 29<br>Sewing: 1-3pm                                   | 30<br>Beading: 1-3pm                                      | 31<br>Drumming Circle – 1-3pm | 1               |

## NEWS

### Standing Strong: Starting the Conversation Workshop

Join us for a Standing Strong Workshop session on **Tuesday, October 7th from 1:00 PM - 3:00 PM**. Register through your Nine Circles' primary care team by contacting us by phone 204-940-6000 or drop in during operating hours.

### We Will Be Closed All Day on Tuesday, October 14th

Please be advised that our team will be engaging in a full day offsite training and we will be closed all day. This includes our phone lines, e-mail, and in-person services.

### Program Colour Key

- **Blue:** Indigenous Cultural Programming
- **Green:** Food Bank
- **Maroon:** Drop-in Programming
- **Red:** Nine Circles Closures