








My Sisters' Place

Transitional Support Centre for Women

December 2011

Programs & Activities

566 Dundas St., London, ON N6B 1W8 (519) 679-9570 Toll Free: 1-877-859-0352 *** Open Monday-Friday 10:00am-3:00pm Lunch served 12:00-1:00pm
Everyone is Welcome No Sign-up Necessary

SUN	MON	TUES	WED	THURS	FRI	SAT
*M.E. = Micro Enterprise Program				1 10:00 & 1:00 M.E. 10:30 Knitting 11:00 Music Jam 12:30 Sewing 1:00 Mosaic Art 2:00 Smoking Cessation 3:15 Sex Worker Drop In	2 10:30 Art Therapy 1:30 BINGO	3
 4	5 10:30 Trauma Group 11:00 Drumming 1:30 Healthy Relationships	6 10:00 & 1:00 M.E. 11 – 12 Expressions 1:00 Needlework 1:30 Dec. 6th Ceremony of Remembrance 1:30 Beauty 3:15 Seeking Safety	7 10:00 & 1:00 M.E. 10 – 1:30 Foot Care 10:30 Art 1:00 Cookie Decorating 1:30 Yoga 3:00 Women's Health	8 10:00 & 1:00 M.E. 10:00 Marj Haircuts 10:30 Knitting 11:00 Music Jam 1:00 Nurse on Duty 12:30 Sewing 1:00 Mosaic Art 2:00 Smoking Cessation 3:15 Sex Worker Drop In	9 10:30 Movie 'Elf' 10:30 Art Therapy 1:30 BINGO	10
 11	12 10:30 Trauma Group 11:00 Drumming 1:30 Healthy Relationships	13 10:00 & 1:00 M.E. 11 – 12 Expressions 1:00 Needlework 1:30 Beauty 3:15 Seeking Safety	14 10:00 & 1:00 M.E. 10 – 1:30 Foot Care 10:30 Art 1:30 Yoga 3:00 Women's Health 11:00 Solstice Celeb.	15 10:00 & 1:00 M.E. 10:30 Knitting 10:45 Music Jam 11:30 House Meeting 12:30 Sewing 1:00 Mosaic Art 2:00 Smoking Cessation 3:15 Sex Worker Drop In	16 10:00 Tree Decorating 10:30 Art Therapy 1:30 BINGO	 17
18	19 10:30 Trauma Group 11:00 Drumming 1:30 Healthy Relationships	20 10:00 & 1:00 M.E. 1:00 Needlework 1:30 Beauty 3:15 Seeking Safety 11:00 Rock Along with Sarah Smith	21 10:00 & 1:00 M.E. 10 – 1:30 Foot Care 10:30 Art 1:30 Yoga 12:00 Holiday Feast	22 10:00 & 1:00 M.E. 10:00 Marj Haircuts 10:30 Knitting 12:30 Sewing 1:00 Nurse on Duty 1:00 Mosaic Art 2:00 Smoking Cessation 3:15 Sex Worker Drop In 11:00 Holiday Singalong	23 10:30 Art Therapy 1:30 BINGO	 24
 25	26 MSP Open 11-2	27 MSP Open 11-2	28 10 – 1:30 Foot Care 10:30 Art with Kate 1:30 Yoga	29 10:30 Knitting 12:30 Sewing 3:15 Sex Worker Drop In	30 10:30 Art Therapy 1:30 BINGO	31