



# My Sisters' Place

*Transitional Support Centre for Women*

## September 2010

Programs & Activities

SUN	MON	TUES	WED	THURS	FRI	SAT
566 Dundas., London, ON N6B 1T5 (519) 679-9570 Toll Free: 1-877-859-0352			Doors Open Monday-Friday 10:00am-3:00pm Lunch served 12:00-1:00pm <b>Everyone is Welcome No Sign-up Necessary</b>			
			<b>1</b> 10:00 & 1:00 Micro Enterprise 10-3 Foot Care 1:00 Yoga	<b>2</b> 10:00 & 1:00 Micro Enterprise 10:30 Crafts with Phoebe 1:00 Diabetes Info	<b>3</b> 10:30 Anger Mgmt 10:30 Art Therapy 1:30 BINGO	<b>4</b>
<b>5</b>	<b>6</b> Closed For Labour Day	<b>7</b> 10:00 & 1:00 Micro Enterprise 10:00 Trauma Group 1:30 Beauty 1:00 Needlework Group	<b>8</b> 10:00 & 1:00 Micro Enterprise 10:00 Art with Kate 10-3 Foot Care 1:00 Yoga	<b>9</b> 10:00 & 1:00 Micro Enterprise 10:00 Marj. Haircuts	<b>10</b> 10:30 Art Therapy 1:30 BINGO	<b>11</b>
<b>12</b>	<b>13</b> 11:00 Drumming 1:30 Healthy Relationships	<b>14</b> 10:00 & 1:00 Micro Enterprise 10:00 Trauma Group 1:30 Beauty 1:00 Needlework Group	<b>15</b> 10:00 & 1:00 Micro Enterprise 10:00 Art with Kate 10-3 Foot Care 1:00 Yoga	<b>16</b> 10:00 & 1:00 Micro Enterprise  11:30 House Mtg 1:00 Sewing	<b>17</b> 10:30 Anger Mgmt 10:30 Art Therapy 1:30 BINGO	<b>18</b>
<b>19</b>	<b>20</b> 11:00 Drumming 1:30 Healthy Relationships	<b>21</b> 10:00 & 1:00 Micro Enterprise 10:00 Trauma Group 1:00 Needlework Group 1:30 Beauty	<b>22</b> 10:00 & 1:00 Micro Enterprise 10:00 Art with Kate 10-3 Foot Care 1:00 Yoga	<b>23</b> 10:00 & 1:00 Micro Enterprise 10:00 Marj. Haircuts 1:00 Sewing	<b>24</b> 10:30 Art Therapy 1:30 BINGO	<b>25</b>
<b>26</b>	<b>27</b> 11:00 Drumming 1:30 Healthy Relationships	<b>28</b> 10:00 & 1:00 Micro Enterprise 1:00 Needlework Group 1:30 Beauty 10:00 Trauma Group	<b>29</b> 10:00 & 1:00 Micro Enterprise 10:00 Art with Kate 10-3 Foot Care 1:00 Yoga	<b>30</b> 10:00 & 1:00 Micro Enterprise  1:00 Sewing		

