



Mental Health & Wellness Activities August

Monday	Tuesday	Wednesday	Thursday
<p>August 16th</p>	<p>August 17th</p> <p>Building Better Relationship with Yourself & Others 4:00PM – 5:15PM at the Family Support Center (Sarah Callin & Hazim Al-Faouri)</p> <p>Parenting Program 5:30PM – 6:30PM at Family support center (Amaka Chijioke)</p>	<p>August 18th</p>	<p>August 19th</p> <p>Residential School Survivors Group Therapy 5:00 PM – 6:30 PM at the Elder Center (Hazim Al-Faouri)</p> <p>Mental Health Awareness 6:00 pm – 7:00 pm online sessions at Family Support center (Amaka Chijioke & Edmund Ledi)</p>
<p>August 23rd</p>	<p>August 24th</p> <p>Drop in Naloxone Training for Community Members. 1:00PM - 4:30 PM at the Family Support Center (Mental Health and Addictions Office). Please call 780 598 3772 if you have questions or would like to book a time. Walk-In's welcome. Kits to be provided. (Mackenzie Cameron)</p> <p>Parenting Program 5:30PM – 6:30PM at Family support center (Amaka Chijioke)</p> <p>Building Better Relationship with Yourself & Others 4.00 PM – 5.15 PM at the Family Support Center (Sarah Callin & Hazim Al-Faouri)</p>	<p>August 25th</p>	<p>August 26th</p> <p>Drop in Naloxone Training for Community Members. 1:00PM - 4:30 PM at the Family Support Center (Mental Health and Addictions Office). Please call 780 598 3772 if you have questions or would like to book a time. Walk-In's welcome. Kits to be provided. (Mackenzie Cameron)</p> <p>Residential School Survivors Group Therapy 5:00PM – 6:30PM at the Elder Center (Hazim Al-Faouri)</p> <p>Mental Health Awareness 6:00 pm – 7:00 pm online sessions at Family Support center (Amaka Chijioke & Edmund Ledi)</p>
<p>August 30th</p> <p>Cultural Camp – ages 10-12 – 10:00AM to 3:00PM – Youth Centre (Multi Team)</p>	<p>August 31st</p> <p>Virtual Open House with Post-Secondary Students (Mackenzie Cameron)</p> <p>Cultural Camp – ages 10-12 – 10:00AM to 3:00PM – Youth Centre (Multi Team)</p>	<p>Youth Drop in Counselling Tuesday and Thursday 12:00PM – 8:00 PM at Family support center (Sarah Callin and Hazim Al-Faouri)</p> <p>Counselling Sessions Every Tuesday and Thursday 5:00PM – 8:00PM at Family support center (Amaka Chijioke & Edmund Ledi)</p>	