

July

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			Counselling on-site (10am-5pm) Mental Awareness (4pm – 6pm) Queer Agenda (6pm-8pm)	Counselling on-site (10am-5pm) Mental Wellness (1:30pm – 2:30pm)	Movie Night (7PM)	
7	8	9	10	11	12	13
#Goals Workshop (1pm)	Counselling on-site (10am-5pm) Rage Poetry (1:00pm- 3:00pm) Emotional Regulation Workshop Part 1 (6pm - 7pm) Talk Block (3:30pm-4:30pm)	ASCO (10am – 11am)	Counselling on-site (10am-5pm) Conflict Resolution Workshop (1:30pm-2:30pm) Mental Awareness (4pm – 6pm) Lifeguard 101 (4:30pm-5:30pm)	CAA BBQ (12pm -2pm) Man-I-Fest (12:30pm -1:30pm)	Dental Hygienist (10am – 1pm) Movie Night (7PM)	
14	15	16	17	18	19	20
#Goals Workshop (1pm)	Counselling on-site (10am-5pm) Youth Summit Debrief (1pm - 3pm)	Meditation and the Human Mind (1:30pm-2:30pm)	Counselling on-site (10am-5pm) Mental Awareness (4pm – 6pm) Queer Agenda (6pm-8pm)	Man-I-Fest (12:30pm -1:30pm) Self-Love Workshop (5:30pm - 6:30pm)	Movie Night (7PM)	
21	22	23	24	25	26	27
#Goals Workshop (1pm)	Counselling on-site (10am-5pm) The Talk Block (3:30-4:30pm) Emotional Regulation Workshop Part 2 (6pm - 7pm)	ASCO (10am – 11am) humanKIND Cooking (6pm-7pm)	Counselling on-site (10am-5pm) Mental Awareness (4pm – 6pm) Queer Agenda (6pm-8pm)	Dental Hygienist 10am – 1pm Man-I-Fest (12:30pm -1:30pm)	Movie Night (7PM)	
28	29	30	31			
#Goals Workshop (1pm)	Counselling on-site (10am-5pm) Emotional Regulation Workshop Part 3 (1pm - 2pm)		Counselling on-site (10am-5pm) Yoga – (2pm-3pm) Mental Awareness (4pm – 6pm) Queer Agenda (6pm-8pm)			