






Monday	Tuesday	Wednesday	Thursday	Friday	Program Times	Thunder Bay
<b>National Heart Month</b> <i>Learn more: <a href="http://www.heartandstroke.com">www.heartandstroke.com</a></i>		<b>1</b>	<b>2</b>	<b>3</b>	Aboriginal Community Kitchen (CK) 5-8 pm	
		◇Triple P Positive Parenting Program ◇Limbrick outreach ◇Aboriginal Community Kitchen money is due (\$5.00)	◇CK FASD ◇Good Food Box \$ due ◇Shelter House Outreach ◇Grey Hares	◇Preventative Dental Care by appt.	Anishnawbe Craft Group 6-8 pm	
		Breakfast Buddies 9 -1130 am				
		FASD Caregiver Program 600-830 pm				
		Community Kitchen -CK FASD 10am-1pm				
Good Food Box 3-730 pm						
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	Grey Hares 1230-130 pm	
◇Play & Learn ◇FASD caregiver	◇Women's Skills ◇Anishnawbe Craft	◇Triple P Positive Parenting Program ◇Limbrick outreach	◇Shelter House Outreach ◇Grey Hares		Limbrick outreach 130-430 pm	
					Play & Learn 1-330 pm	
					Preventative Dental Care by appt.	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	Senior's Lunch 11 am-1 pm	
◇Play & Learn ◇FASD caregiver	◇Women's Skills ◇Anishnawbe Craft	Triple P Positive Parenting Program ◇Limbrick outreach ◇Aboriginal CK	◇CK FASD ◇Shelter House Outreach ◇Grey Hares ◇Good Food Box pickup		Shelter House outreach 11am-430pm	
					Triple P Positive Parenting Program 1-4 pm	
					Women's Skill Building 1-3 pm	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>NorWest Community Health Centres</b>	
<b>FAMILY DAY</b>	◇Women's Skills ◇FASD caregiver ◇Anishnawbe Craft	◇Limbrick outreach	◇Shelter House Outreach ◇Grey Hares	◇Breakfast Buddies	<b>HOURS</b>	
					Monday – Friday from 8:30 am - 4:30 pm	
					<b>URGENT CARE</b>	
					Monday – Thursday 4:30pm - 8:00pm and Fridays 1:00pm - 4:00pm	
<b>27</b>	<b>28</b>	<b>29</b>			<b>Location:</b> 525 Simpson Street	
Senior's Lunch ◇Play & Learn ◇FASD caregiver	◇Women's Skills ◇Anishnawbe Craft	◇Limbrick outreach			Tel: (807) 622-8235 Fax: (807) 622-7637	
					<a href="http://www.norwestchc.org">www.norwestchc.org</a>	