

JUNE 2020

NAANDWIDIZWIN-WECHIHTITA

HEALING OURSELVES, HELPING EACH OTHER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Exercise hour 11am-12pm	3 Storytelling 3pm @TIRSSurvivors	4 Healthy Meals 4pm @TIRSSurvivors	5 Exercise hour 11am-12pm	6
7 Exercise hour 11 am-12pm	8	9 Exercise hour 11am-12pm	10 Storytelling 3pm @TIRSSurvivors	11 Healthy Meals 4pm @TIRSSurvivors	12 Exercise hour 11am-12pm	13
14 Exercise hour 11am-12pm	15 Weekly Craft Journaling 2pm @TIRSSurvivors	16 Exercise hour 11am-12pm	17 Storytelling 3pm @TIRSSurvivors	18 Healthy Meals 4pm @TIRSSurvivors	19 Exercise hour 11am-12pm	20
21 Exercise hour 11am-12pm	22 Weekly Craft Journaling 2pm @TIRSSurvivors	23 Exercise hour 11am-12pm	24 Storytelling 3pm @TIRSSurvivors	25 Healthy Meals 4pm @TIRSSurvivors	26 Exercise hour 11am-12pm	27
28 Exercise hour 11am-12pm	29 Weekly Craft Journaling 2pm @TIRSSurvivors	30 Exercise hour 11am-12pm				

- DAILY TELEPHONE CHECK INS
- WEEKLY FOOD DELIVERY FOR EXISTING CLIENTS
- BI WEEKLY ACTIVITY KIT DELIVERY
- EXERCISE CHALLENGE WITH WEEKLY CHECK INS

For more information contact:

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