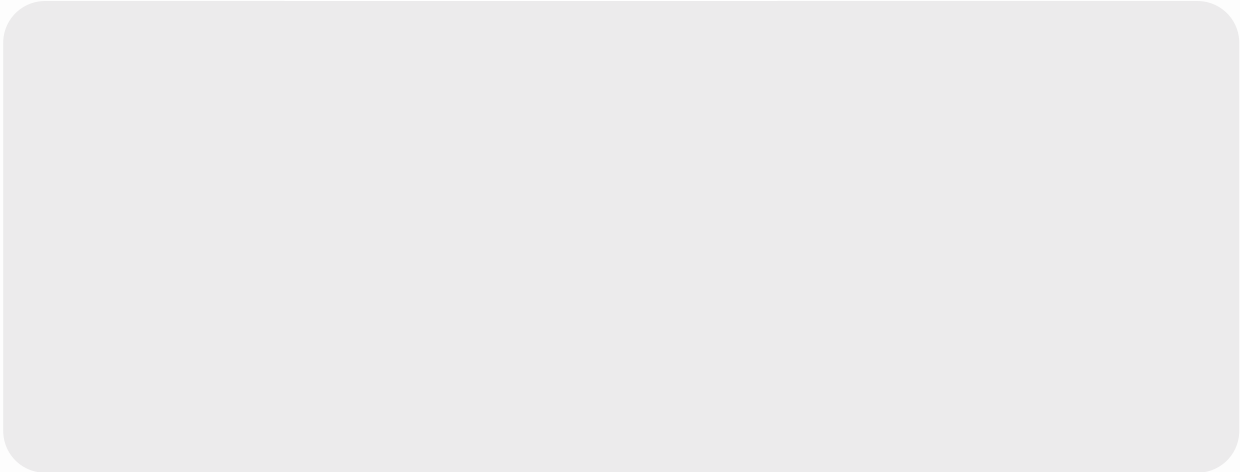


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Activity at = 1445 Lambert- Closse		1  1:30-3:00 PM Guitar class with Felix	2 1:00-4:00 PM : CLOSED	3 1:00-4:00PM Urban drawing outing to the Botanical Gardenswith Elissa  1:30-3:30PM Sewing circle	4 10:00-11:30AM Crafting with Jessica 1:30-4:30PM Brigade Peter McGill with Elissa  Legal clinic by appointment only	5 10:30-11:30 AM AA meeting (in French)
6 1:30-2:30 PM AA meeting (in English)	7	8  1:30-3:00 PM Guitar class with Felix	9 1:00-4:00 PM : CLOSED	10  1:30-3:30PM Sewing circle	11 10:00- 11:30AM Crafting with Jessica 1:30-4:30PM Brigade Peter McGill  Legal clinic by appointment only	12 10:30-11:30 AM AA meeting (in French)
13 1:30-2:30 PM AA meeting (in English)	14 10:15-11:30AM Bingo  1-2:30PM Knit & Crochet with Elissa	15 11:00 AM- 12:00PM September Birthday Celebrations  3:30-5:00 PM School Tutoring	16 1:00-4:00 PM : CLOSED 9:00 AM- 4:00 PM Outing to Quinn farm for apple picking	17  3:00- 6:30PM Movie outing to Practical Magic 2	18 10:00- 11:30AM Crafting with Jessica 1:00-5:00PM Indigenous collective kitchen with Oli at 1437 Chomedey 1:30- 4:30PM Return to work workshop at 1437 chomedey 1:30-4:30PM Brigade Peter McGill with Elissa  Legal clinic by appointment only	19 10:30-11:30 AM AA meeting (in French)
20 1:00-4:00 PM : CLOSED 1:30-2:30 PM AA meeting (in English)	21 10:15-11:30AM Bingo  1-2:30PM Knit & Crochet with Elissa	22  1:30-3:00 PM Guitar class with Felix  3:30-5:00 PM School Tutoring	23 1:00-4:00 PM : CLOSED 12:00PM- 4:00PM Information session, women's committee, lunch and bingo at Fulford	24 1:30- 4:30PM Brigade Peter McGill with Elissa	25 10:00- 11:30AM Crafting with Jessica 2:00PM- 4:00PM Gratitude day at Fulford  Legal clinic by appointment only	26 10:30-11:30 AM AA meeting (in French)
27 1:30-2:30 PM AA meeting (in English)	28 10:15-11:30AM Bingo  11 AM-12 PM Book Club with Taya  1-3 PM Jewelry making with Lina	29 9:30-11:30 AM Mindful art activity for Truth and Reconciliation Day  1:30-3:00 PM Guitar class with Felix  3:30-5:00 PM School Tutoring	30 1:00-4:00 PM : CLOSED 1-4PM Cinema Club (1437 rue Chomedey)	Please note that activity signups (including medical appointments) will start on Tuesday September 1st		 

- Bingo:
September 14, 21, 28 — 10:15 a.m. to 11:30 a.m.
- Sewing circle: September 3, 10, 17, 24 — 1:30 p.m. to 3:30 p.m.
- Guitar class with Felix: September 1, 8, 22, 29 — 1:30 p.m. to 3:00 p.m. 
- Creative crafts with Jessica: September 4, 11, 18, 25 — 10:00 a.m. to 11:30 a.m.
- Ciné Club at SANAAQ: September 30 — 1:00 p.m. to 4:00 p.m. 
- Book club with Taya: September 28 — 11:00 a.m. to 12:00 p.m.
- Brigade Peter McGill with Elissa: September 4, 11, 18, 24 — 1:30 p.m. to 4:30 p.m.
- September birthday celebrations: September 15 — 11:00 a.m. to 12:00 p.m.
- School tutoring: September 15, 22, 29 — 3:30 p.m. to 5:00 p.m.
- AA meeting (in English): September 6, 13, 20, 27 — 1:30 p.m. to 2:30 p.m.
- AA meeting (in French): September 5, 12, 19, 26 — 10:30 a.m. to 11:30 a.m.
- Knitting and crochet: September 14, 21— 1:00 p.m. to 2:30 p.m. 
- Urban sketching outing with Elissa: September 3 — 1:30 p.m. to 4:00 p.m.
- Jewelry making with Lina: September 28 — 1:00 p.m. to 3:00 p.m. 
- Legal clinic: September 4, 11, 18, 25 — Appointment required 
- Mindful art activity for Truth and Reconciliation Day: September 29 — 9:30 a.m. to 11:30 a.m. 
- Workshop for CVs, interviews and practice scenairos at 1437 rue Chomedey:
September 18 — 1:30 p.m. to 3:30 p.m.
- Outing to Quinn Farm for apple picking: September 16 — 9:00 a.m. to 4:00 p.m.
- Gratitude day at Fulford: September 25 — 2:00 p.m. to 4:00 p.m.
- Indigenous collective kitchen with Oli at 1437 rue Chomedey: September 18 — 1:00 p.m. to 5:00 p.m.
- Movie outing to see Practical Magic 2: September 17 - 3:00 p.m. to 6:30 p.m.



OPENING HOURS 8:00 AM - 7:00 PM	BREAKFAST 8:30 - 10:00 AM	 SNACKS 3:00 PM
	LUNCH 12:00 - 1:00 PM	DINNER 5:00 - 6:00 PM

Signup start date : **Tuesday September 1st Activity Registration only at 514-937-2341 ext. 368**, Monday to Friday, 9:00 AM to 2:00 PM.
After September 1: Signups for activities at 514-937-2341 option 2 or ext 0

LEGAL CLINIC
Call ext. 260 for an appointment

A MEDICAL CALENDAR IS NOW AVAILABLE WITH OUR MEDICAL SERVICES OFFERED

WOMEN’S COMMITTEE (SEPTEMBER 24 AT FULFORD)

10am - 11am: Info session	You can participate for the whole day or only for the sections that interest you. Registration required
11am-12pm: Committee	
12pm-1pm: Lunch	
1pm - 2pm Bingo	

CHEZ DORIS MEDICAL CLINIC

The Chez Doris Medical Clinic is here to make healthcare easier to access, directly in a place you already know.

We understand that seeking care can sometimes be difficult. Costs, lack of coverage, transportation, wait times, appointments that are hard to schedule or keep, language barriers, and negative past experiences with the healthcare system can all make the process more complicated.

The clinic therefore provides a more accessible, welcoming, and respectful environment where several healthcare services are offered under one roof. This allows women to receive different types of care in the same place, reduce travel, and make follow-up easier.

Depending on your needs, the team can welcome you, listen to your concerns, direct you to the appropriate service, make referrals, and support you through the next steps. The goal is to help you receive the right care at the right time, in a safe environment adapted to your reality.

HOW TO ACCESS HEALTH SERVICES

To access a health service at Chez Doris, you must first complete a short triage questionnaire. This questionnaire helps us better understand each woman's needs and determine the level of priority. The questionnaire can be completed with the intake worker at the Day Centre or by phone at 514-937-2341, option 3.

Once the questionnaire is completed, the request is added to the waiting list for the requested service. When a space becomes available, the intake worker contacts the woman to offer her an appointment. The triage process helps ensure that appointments are offered according to each woman's needs and the urgency of her situation.

SEXUAL AND GYNECOLOGICAL HEALTH CLINIC

The Sexual and Gynecological Health Clinic provides a space to discuss concerns related to sexual health, gynecological health, menstrual health, contraception, menopause, pain, or any other symptom that may require an assessment.

- Assessment of gynecological concerns
- Sexual health information and counselling
- Discussion about contraception
- Support for gynecological pain, discomfort, or symptoms
- Information about STIs and prevention
- Referral for tests or specialized care when needed
- Referral to another medical service when appropriate

NURSING CLINIC

The Nursing Clinic allows women to discuss their health concerns, receive a basic assessment, and be directed to the appropriate services.

- General health assessment and vital signs
- Screening, prevention, and health education
- Wound care and dressing changes
- Basic sexual and gynecological health information
- Mental health and emotional well-being support
- Referrals to Chez Doris services and community resources
- Short-term nursing follow-up

OTHER AVAILABLE SERVICES

- Massage therapy
- Foot care
- NADA solidarity acupuncture
- Dental hygiene
- Optometry clinic