



September 2013

EDeN Place outreach and Drop - In Centre
601-7700 Hurontario Street, Brampton, ON L6Y 4M3
905-451-3934

Weekly Drop-In Activities

Tuesday Drop-In - 4:00 – 8:00 p.m.

1:30 p.m. – 5:30 p.m. - Career Centre

5:00 – 5:30 p.m. – Stretching Class

6:00 – 6:30 p.m. - Walking Group

Wednesday Drop-In 4:00 – 8:00 p.m.

5:00 p.m. - 7:00 p.m. - Depression, Awareness & Understanding

4:30 p.m. – 5:00 p.m. – Stretching Class

6:00 p.m. – 6:30 p.m. - Walking Group

Thursday Drop-In 4:00 – 8:00 p.m.

4:30 p.m. – 6:30 p.m. - Arts & Crafts

5:00 p.m. – 5:30 p.m. – Stretching Class

6:00 p.m. – 6:30 p.m. - Walking Group

Friday Drop-In 4:00 – 8:00 p.m.

1:30 p.m. – 2:30 p.m. –Power Point Group

4:30 – 7:30 p.m. – In-House Movies

5:00 p.m. – 5:30 p.m. – Stretching Class

6:00 p.m. – 6:30 p.m. - Walking Group

Saturday Drop-In 12:00 – 4:00 p.m.

12:30 – 3:00 p.m. – Card Games

Sunday – Closed

Monday – Closed

Monthly Activities and Meetings

Health and Wellness

September 4th and 18th 3:30 to 4:30 p.m.

Members meeting

4th Thursday of the Month 4:15 to 4:45 p.m.

OUTINGS & OUTREACH

Every Wednesday 11:30 – 1:00 p.m.

Coffee Talk - Tim Hortons at Confederation Parkway and Dundas Street

Every Friday 1:00 – 2:30 p.m.

Coffee Talk - Tim Hortons at Confederation Parkway and Dundas Street

4th Tuesday of Every Month 1:30 – 7:00 p.m.

Coffee and a movie at Square One. Please phone ahead

Cancelleds & closures

Coffee Talk – September 4th and September 6th