

# National Addictions Awareness Week Schedule

November 21st - November 24th, 2022

## Monday, November 21st

Meditation with Heidi at the Health Centre from 10:30-11:30

Paint therapy with Tracy at the Wellness Centre from 1:00-3:00

## Tuesday, November 22nd

Cancer screening and healthy lifestyle information booth with  
Tara and Melissa at the Health Centre from 9:00-4:00

Massages with Elizabeth at the Health Centre from 10:00-3:30

Grab N' Go lunch at the Wellness Centre with a screening of  
Dopesick starting at 12:00

## Wednesday, November 23rd

Public Health and Harm Reduction Nurses at the Health Centre  
from 9:00-3:00

Taking Back Your Power group session with Lori at the Health  
Centre from 1:00-2:00 and individual sessions from 2:00-4:00

## Thursday, November 24th

Ribbon skirt/shirt making with Christine, Lori, and Michelle at the  
Advocacy Building from 9:00-4:00

## Friday, November 25th

Wrap up day for ribbon skirt/shirt making with Christine, Lori, and  
Michelle at the Advocacy Building from 9:00-2:00