



# AUGUST 2018: SUMMER LOVIN' MONTH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Saturday, August 18 NISA is partnered with the Up Here festival   Drone Therapy from 1pm - 3pm & 6pm - 8pm + Before I Die Wall installation	*Indicates registration is required	1 Food is Mood: 10am Open Artists' Loft: 11am Freethinkers 12 STEP – Addiction Support Group: 1pm	2 Membership Meeting and Potluck: 10:30am <i>Please bring a dish to share</i> NISA is CLOSED at 1:30pm	3 Food is Mood: 10am Pool at the Legion: 12pm Indigenous Wellness: 12pm
6 NISA is CLOSED STAT Holiday	7 Sharing Circle: 10:30am Quilters' Meeting: 12:30pm WH/WB: 1pm *WRAP: 1pm Writers' Circle: 1pm Alternatives to Suicide: 6pm	8 Food is Mood: 10am Mask-Making Workshop: 10am The Rainbow Collective: 1pm	9 Expressive Art: 10am Alternatives to Suicide: 11am Recovery Wellness – Walk along the Boardwalk: 1pm *MOMS Support Group: 6pm	10 <i>Vermillion River Trip – Money Due</i> Food is Mood: 10am Indigenous Wellness: 12pm Mad Studies 101 – A Psychiatrist's Perspective on Mad Activism: 2:30pm
13 Sharing Circle: 10:30am Weight Loss Support – Weigh-in 12:45pm Yarnworks: 1pm	14 Cercle de partage en français: 10h30 *WRAP: 1pm WH/WB: 1pm Writers' Circle: 1pm	15 Food is Mood: 10am Open Artists' Loft: 11am Freethinkers 12 STEP – Addiction Support Group: 1pm	16 Expressive Art: 10am Personal Finance – I'm in Charge: 11am Recovery Wellness – Afternoon at the Grotto: 1pm	17 Food is Mood: 10am Indigenous Wellness: 12pm Karaoke: 2pm
20 Sharing Circle: 10:30am Yarnworks: 1pm Exploring Our Skills and Goals: 1pm Bereaved by Death: 2pm	21 Horticulture at the Library: 10am BINGO: 11am WH/WB: 1pm Writers' Circle: 1pm Alternatives to Suicide: 6pm	22 Food is Mood: 10am Open Artists' Loft: 11am The Rainbow Collective: 1pm Baking Group: 1pm	23 Vermillion River Day Trip: 9am – 4:30pm Expressive Art: 10am *MOMS Support Group: 6pm	24 Food is Mood: 10am  NISA is CLOSED at 12pm for Staff Development
27 Sharing Circle: 10:30am Yarnworks: 1pm Exploring Our Skills and Goals: 1pm	28 Horticulture at the Library: 10am WH/WB: 1pm Writers' Circle: 1pm Family Support Night: 6pm	29 Food is Mood: 10am Open Artists' Loft: 11am Freethinkers 12 STEP – Addiction Support Group: 1pm *Annual General Meeting: 5pm	30 <i>National Grief Awareness Day</i> Expressive Art: 10am Coping with Loss: 10:30am Recovery Wellness – Trip to Farmers Market: 1pm	31 Food is Mood: 10am *Naloxone Training: 12pm Indigenous Wellness: 12pm Trivia with Tammy: 2pm