



A HOW-TO IN ACRYLIC PAINTING

with **Laura-Leigh Gillard**

Explore your creative side!

Wednesdays from November 7 to December 12
5:00 - 7:30 p.m.

Weeks 1 & 2: Learn the basics and build confidence
Weeks 3 & 4: Explore different tools and techniques
Weeks 5 & 6: Complete one or two still-life paintings

NISA/Northern Initiative for Social Action
36 Elgin Street, Second Floor

\$30 per person | all supplies provided
Contact Tammy at 705-222-6472 ext. 304

Sudbury

CONNECT WITH US

Monday to Friday
8:30am-4:00pm

36 Elgin Street, 2nd floor
Sudbury, ON P3C 5B4

wheelchair accessible
Les services sont disponibles en français

705.222.NISA(6472)
✉ info@nisa.on.ca

www.nisa.on.ca
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t @nisanorthern

Northern Initiative for Social Action
Being • Belonging • Becoming



NISA

Initiative du Nord pour l'action sociale
Être • Appartenir • S'épanouir

CALENDAR OF PROGRAMS & EVENTS

NOVEMBER 2018

FINANCIAL WELLNESS MONTH

Building mental health together in a place to belong

FALL INTO ART
with *Cathy Ritzel*

— DISCOVER YOUR CREATIVE SIDE —

Sundays from 1:00-3:30 p.m.
October 28 | Paddle Painting
November 4 | Canvas Cut-Outs
November 11 | Stone and Driftwood Art
November 18 | Tree of Life Sketching
November 25 | Candle Jar Decorating
December 2 | Paint Collective

Attend one or go to all six!
NISA/Northern Initiative for Social Action
36 Elgin Street, second floor

Registration is required
\$5 per session (refundable for NISA members)
Contact Tammy at 705-222-6472 ext. 304

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We acknowledge the ancestral and traditional Indigenous territories of the Anishinaabe People, and in particular, the Atikameksheng Anishnawbek First Nation on whose territory we stand. We recognize them as the original caregivers of this land.

Supported by: / Financé par:



North East Local Health
Integration Network
Réseau local d'intégration
des services de santé
du Nord-Est



"It took me a long time to get over to NISA and register. But now that I have, I admit I truly enjoy it. NISA is the best thing for me right now."

What does recovery look like to you?

NOVEMBER 2018: FINANCIAL WELLNESS MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Indicates pre-registration is required	*Fall into Art with Cathy Ritzel - Sunday, Nov. 4: Canvas Cut-Outs - Sunday, Nov. 11: Stone & Driftwood Art - Sunday, Nov. 18: Tree of Life Sketching - Sunday, Nov. 25: Candle Jar Decorating		Membership Meeting and Potluck: 10:30am <i>Please bring a dish to share</i> NISA is CLOSED at 1:30pm	Food is Mood: 10am ZUMBA: 12pm Fraud Prevention – Greater Sudbury Police: 1pm Holiday Party Committee Meeting: 2pm Halloween Dance: 6pm
Sharing Circle: 10:30am Weigh-In: 12:45pm Yarnworks: 1pm Exploring Our Skills and Goals: 1pm Drumming Circle: 2pm	Computer Support Workshop: 10am Get Together: 10:30am WH/WB: 1pm Writers' Circle: 1pm Alternatives to Suicide: 6pm	Food is Mood: 10am Pencil Drawing 101: 11am Wreath-Making with Dan: 1pm The Rainbow Collective: 1pm *A How-to in Acrylic Painting: 5-7:30pm	Expressive Art: 10am How to Write Your Life Story: 10:30am NISA Lunch Fundraiser (Hamburgers \$1.50, Hot Dogs \$1): 11:30am Recovery Wellness – Credit Counselling: 1pm Music in Recovery: 2:30pm *MOMS 4 th Anniversary Games Night: 5:30pm	Sharing Circle: 10:30am Pool at the Legion: 12pm Dinner to Go: 1pm Karaoke: 2pm
Sharing Circle: 10:30am Yarnworks: 1pm Exploring Our Skills and Goals: 1pm Drumming Circle: 2pm	Get Together: 10:30am Alternatives to Suicide: 12pm Writers' Circle: 1pm	Food is Mood: 10am Paint Collective: 11am Freethinkers 12 STEP – Addiction Support: 1pm *A How-to in Acrylic Painting: 5-7:30pm	Expressive Art: 10am How to Write Your Life Story: 10:30am *Recovery Wellness – Assertiveness Workshop: 1pm	Sharing Circle: 10:30am Bowling: 10am Dinner to Go: 1pm
Sharing Circle: 10:30am Yarnworks: 1pm Exploring Our Skills and Goals: 1pm Drumming Circle: 2pm	Computer Support Workshop: 10am Get Together: 10:30am Craft with Keri: 11am WH/WB: 1pm Writers' Circle: 1pm Magical Paws: 1pm Alternatives to Suicide: 6pm	Food is Mood: 10am Acrylic Painting Exploration: 11am The Rainbow Collective: 1pm Cercle de partage en français: 13h00 *A How-to in Acrylic Painting: 5-7:30pm	Expressive Art: 10am How to Write Your Life Story: 10:30am *Recovery Wellness – Assertiveness Workshop: 1pm Music in Recovery: 2:30pm *MOMS Support Group, OFFSITE: 6pm	Sharing Circle: 10:30am ZUMBA: 12pm Dinner to Go: 1pm Tammy's Trivia Challenge: 2pm
Sharing Circle: 10:30am Yarnworks: 1pm Exploring Our Skills and Goals: 1pm Drumming Circle: 2pm	Get Together: 10:30am Craft with Keri: 11am WH/WB: 1pm Writers' Circle: 1pm WH/WB Meeting: 1pm Family Support Night: 6pm	Food is Mood: 10am Holiday Card-Making: 11am Freethinkers 12 STEP – Addiction Support: 1pm Baking on a Budget: 2pm *A How-to in Acrylic Painting: 5-7:30pm	Expressive Art: 10am How to Write Your Life Story: 10:30am Naloxone Training: 12pm *Recovery Wellness – Assertiveness Workshop: 1pm	Sharing Circle: 10:30am BINGO: 12pm Movie: 1pm Dinner to Go: 1pm