

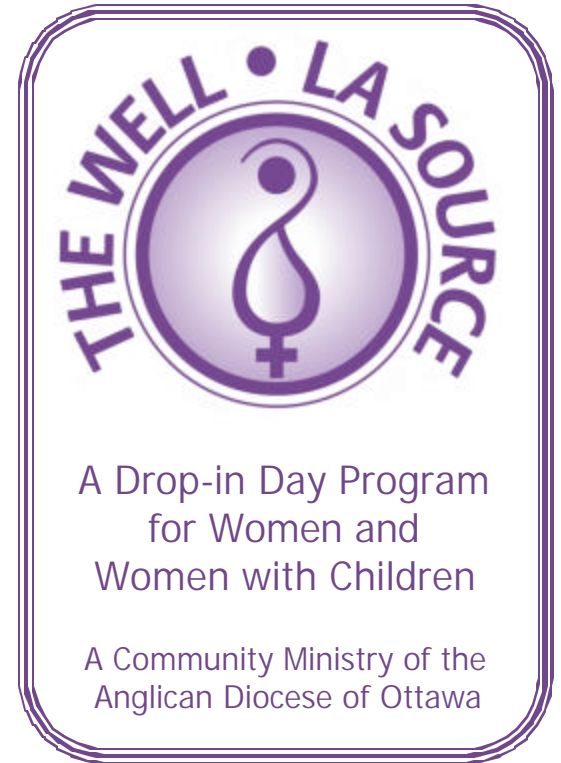
What we offer

- ◆ Free clothing boutique
 - ◆ Housing Outreach/ Pro-active housing referrals
 - ◆ Free light breakfast and hot lunch
 - ◆ Access to showers and laundry
 - ◆ Social and recreational programs
 - ◆ Educational programs & information
 - ◆ Practical support (personal hygiene)
 - ◆ Personal, peer & group support
 - ◆ Crisis intervention, advocacy, & referrals
 - ◆ ODSP application support
 - ◆ Meditation, yoga, chair exercise
 - ◆ Gentle back massage
 - ◆ Women's sharing circle
 - ◆ Literacy group
 - ◆ Wheelchair accessibility (ramp & elevator)
 - ◆ Access to outreach nurses & Chaplain
 - ◆ 12 Step (Serenity Stepping Sisters)
 - ◆ Haircutz, nail care, footbaths (when scheduled)
 - ◆ Computers, Internet, Telephone, Fax
 - ◆ Computer instruction (when scheduled)
 - ◆ Resource library and newspaper
 - ◆ "Senior Eatas" (luncheons: 55yrs+)
 - ◆ Solitudes room
 - ◆ Emergency food
 - ◆ "The Well's Angels" Choir
 - ◆ Quarterly newsletter (Well Said)
 - ◆ Other information sessions, presentations, and activities as scheduled
- On a daily basis: Coffee, tea, juice, light breakfast and lunch.
- On a monthly basis: Birthday tea celebrations (second Thursday), Women of The Well meetings (last Monday).
- On a yearly basis: Well Being Fair, Anniversary luncheon, Spring Fling & Fall Fashion Shows, Waupoos camping trip, Summer yard sale, Valley Voyage, Picnics, Christmas Bazaar, seasonal celebrations, theme days and outings galore!



Sample week

	A.M.	P.M.
Monday	<ul style="list-style-type: none"> ◆ Monday Morning Mindful Meditation (MMMMM!) ◆ WOW meeting (monthly) 	<ul style="list-style-type: none"> ◆ Closed at 1:30 P.M. for weekly staff meeting
Tuesday	<ul style="list-style-type: none"> ◆ "Senior Eatas" (every two weeks) ◆ Women's sharing circle (monthly) 	<ul style="list-style-type: none"> ◆ Fuzzy Feet (footbath & rub) ◆ Arts & Crafts ◆ Haircutz
Wednesday	<ul style="list-style-type: none"> ◆ Gentle stretch yoga ◆ Nurse (every two weeks) 	<ul style="list-style-type: none"> ◆ Fun bingo (no money required)
Thursday	<ul style="list-style-type: none"> ◆ Gentle back massage (clothes on) ◆ Open/peer support group (as scheduled) ◆ Journey Group (spiritual meditation) 	<ul style="list-style-type: none"> ◆ Serenity Stepping Sisters (12 step) ◆ Outings and special events (as scheduled) ◆ Birthday teas (monthly)
Friday	<ul style="list-style-type: none"> ◆ Recreational, educational, cultural programming (as scheduled) 	<ul style="list-style-type: none"> ◆ Recreational video/board games/cards



The Church of St. John the Evangelist (basement)
154 Somerset St. West, Ottawa,
Ontario, Canada K2P 0H8

Office line (613) 594-8861
Women's line (613) 594-2843
Fax line (613) 594-5878

Come join us!

Monday (½ day) 9:30am-1:30pm
Tuesday-Friday 9:30am-4:00pm

info@the-well.ca
www.the-well.ca

Mission Statement

The Well/La Source is a spiritual and justice based gathering place for women and women with children. We provide a safe, supportive, inclusive environment where women come together to empower each other while nourishing the whole person.

Vision

Women living wholly, engaging in opportunities for positive change.

Purpose and Philosophy

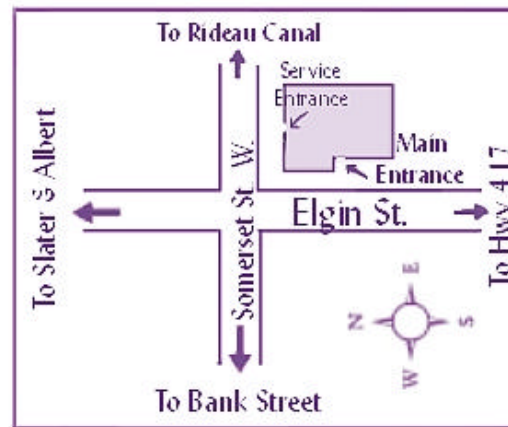
- ◆ Affirm the dignity and worth of each woman who comes to The Well/La Source, whatever her story.
- ◆ Help women recognize that they are capable of taking charge of their own lives.
- ◆ Provide a safe place where women can meet and support one another.
- ◆ Encourage acceptance and tolerance among those who come to The Well/La Source.
- ◆ Strive to be a place where trust and friendship can grow.
- ◆ Assist women in identifying and addressing their own needs.
- ◆ Provide support and empowerment tools to help women overcome whatever barriers may be hampering them.

Volunteer Opportunities

Help is always needed: kitchen support, off-site baking, haircutting, arts & crafts, program committee members, boutique companions, computer room monitors, etc. To volunteer, please contact staff at (613) 594-8861 ext. 0

Donations

Donations of clothing, non-perishable food, household items, money, arts & craft supplies, feminine hygiene & personal care products, etc. can be dropped off at the service entrance of The Well/La Source during our regular hours of operation. Many thanks!



Donations/Deliveries: please buzz at Service Entrance

Bus Routes

- ◆ 5, 6, and 14 on Elgin Street
- ◆ 1, 2, 4, or 7 along Bank Street
- ◆ 85, 86, 95, 96 along Slater and Albert Streets
- ◆ 316 bus has accessible low floor

Where can I go?

*If this is not a place where
Tears are understood
Where do I go to cry?*

*If this is not a place where
My spirit can take wing
Where do I go to fly?*

*If this is not a place where
My questions can be asked
Where do I go to seek?*

*If this is not a place where
My feelings can be heard
Where do I go to speak?*

*If this is not a place where
You'll accept me as I am
Where do I go to be?*

*If this is not a place where
I can try, and learn, and grow
Where can I just be me?*



In operation since 1984