

# BRIDGES Activity Calendar

## February 2021

BRIDGES has free bread Mondays and Thursdays thanks to the Food Bank and Produce on Mondays and Wednesdays thanks to Freson Bros. Valley.

| Sun   | Mon  | Tue   | Wed  | Thu   | Fri  | Sat  |
|---|--|---|--|---|--|--|
|   | 1  | 2   | 3  | 4   | 5  | 6  |
| Men & Women's Support groups and Job Club are all on ZOOM. We have devices and help available for you to attend at BRIDGES! | <b>Coffee Time 10:00</b><br><b>Walk &amp; Talk 10:30</b><br><br><b>Women's Coffee Group with YES on Zoom 11 AM</b>   | <b>Taco Soup &amp; Tortilla Chips</b><br><br>Knit Night with The Yarnbags 7PM on ZOOM   | <b>Coffee Time 10:00</b><br>CEW Job Club Zoom@10<br>Art Journaling @11<br>Men's Group Zoom @1<br><br>7PM  HINTON UKULELE GROUP On zoom   | <b>Beef Stew &amp; Fresh Biscuits</b>   | <b>Coffee Time 10:00</b><br>Drop In<br>Arts & Crafts 10:30 | <b>BRIDGES HOURS: WEEKDAYS 9:00 – 2:00</b>   |
| 7   | 8  | 9   | 10   | 11  | 12   | 13   |
| We have volunteer opportunities available! Ask Janice for info! 780-865-4464  | <b>Coffee Time 10:00</b><br><b>Walk &amp; Talk 10:30</b><br><br><b>Women's Coffee Group with YES on Zoom 11 AM</b>   | <b>Veggie Soup &amp; Grilled Cheese</b><br><br>Knit Night with The Yarnbags 7PM on ZOOM   | <b>Coffee Time 10:00</b><br>CEW Job Club Zoom@10<br>Art Journaling @11<br>Men's Group Zoom @1<br><br>7PM  HINTON UKULELE GROUP On zoom   | <b>Spaghetti &amp; Garlic Bread</b>   | <b>Coffee Time 10:00</b><br>Drop In<br>Arts & Crafts 10:30 |  |
| 14  | 15   | 16  | 17   | 18  | 19   | 20   |
|   | <b>Coffee Time 10:00</b><br><b>Walk &amp; Talk 10:30</b><br><br><b>Women's Coffee Group with YES on Zoom 11 AM</b>   | <b>Barley Soup &amp; Fresh Biscuits</b><br> <b>BRIDGES Board Meeting 4:30 PM</b><br><br>Knit Night with The Yarnbags 7PM on ZOOM | <b>Coffee Time 10:00</b><br>CEW Job Club Zoom@10<br>Art Journaling @11<br>Men's Group Zoom @1<br><br>7PM  HINTON UKULELE GROUP On zoom   | <b>Ham &amp; Scalloped Potatoes</b>   | <b>Coffee Time 10:00</b><br>Drop In<br>Arts & Crafts 10:30 | <u>You are not alone.</u><br><br>Our staff are trained in Mental Health First Aid and can provide support during your Mental Health Intake process with AHS. |
| 21  | 22   | 23  | 24   | 25  | 26   | 27   |
|   | <b>Coffee Time 10:00</b><br><b>Walk &amp; Talk 10:30</b><br><br><b>Women's Coffee Group with YES on Zoom 11 AM</b>   | <b>Turkey Noodle Soup &amp; Buns</b><br><br>Knit Night with The Yarnbags 7PM on ZOOM  | <b>Coffee Time 10:00</b><br>CEW Job Club Zoom@10<br>Art Journaling @11<br>Men's Group Zoom @1<br><br>7PM  HINTON UKULELE GROUP On zoom | <b>Pancakes &amp; Sausages</b>  | <b>Coffee Time 10:00</b><br>Drop In<br>Arts & Crafts 10:30 |  |
| 28  | <b>IN CRISIS AND NEED SOMEONE?</b><br>Hinton Mental Health 780-865-8247<br>Alberta Mental Health Helpline 1-877-303-2642<br>CMHA Rural Distress Line 1-800-232-7288<br>Alberta Addictions Helpline 1-800-332-2322<br>Yellowhead Emergency Shelter 780-865-5133<br>H.E.L.P. Homeless Resources 780-865-1686 |   |  | If you're in crisis, need any kind of help that isn't 911, and you don't know who to call:<br><b>CALL 211</b> |  | Need help Setting up with ZOOM on your device? Call us for help.<br>780-865-4464   |