






# BRIDGES Activity Calendar

## October 2020

October is Mental Health Awareness Month in Canada, and October 4 – 10 is Mental Illness Awareness Week.

Fight the stigma!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>If you're in crisis, need any kind of help that isn't 911, and you don't know who to call: <b>CALL 211</b></p>	<p><b>IN CRISIS AND NEED SOMEONE?</b>                      Hinton Mental Health 780-865-8247                      Alberta Mental Health Helpline 1-877-303-2642                      CMHA Rural Distress Line 1-800-232-7288                      Alberta Addictions Helpline 1-800-332-2322                      Yellowhead Emergency Shelter 780-865-5133                      H.E.L.P. Homeless Resources 780-865-1686</p>			<p>New bread Thursdays 1  <b>BRIDGES SHARE SHOP DAY</b>                      Hot Lunch Returns Tuesday October 6!  <b>GREENHOUSE 11AM</b>                      Private Event 7-10PM</p>	<p>2  <b>Walk &amp; Photo 11AM</b></p>	<p>3  <b>BRIDGES HOURS: WEEKDAYS 9:00 – 2:00</b></p>
<p>4                      Mental Illness Awareness Week                      →</p>	<p>5                      New produce &amp; bread every Monday (except holidays)  <b>Walk &amp; Talk 11AM</b></p>	<p>6  <b>GREENHOUSE 11AM</b>                      Hamburger Soup &amp; Egg Salad Sand.                      Alzheimer's/Dementia Care Partner Support Group 7 PM</p>	<p>7                      New produce Wednesdays  <b>Walk &amp; Photo 11AM</b>                      7PM  HINTON UKULELE GROUP</p>	<p>8                      Beef Stew &amp; Fresh Biscuits                      Private Event 7-10PM</p>	<p>9  <b>BRIDGES SHARE SHOP DAY</b>  <b>Walk &amp; Photo 11AM</b></p>	<p>10                      Private Event All Day</p>
<p>11                      Private Event All Day</p>	<p>12  <b>SORRY, WE'RE CLOSED FOR THANKSGIVING HOLIDAY</b></p>	<p>13                      Mushroom Soup &amp; Baloney Sand.                      Knit Night with The Yarnbags 7PM</p>	<p>14  <b>Walk &amp; Photo 11AM</b>                      7PM  HINTON UKULELE GROUP</p>	<p>15                      Chili and Garlic Bread                      Private Event 7-10PM</p>	<p>16  <b>Walk &amp; Photo 11AM</b></p>	<p>17  <b>BRIDGES SHARE SHOP DAY</b>                      Talk to Alpha about Recreation Exploration programming!</p>
<p>18                      You Can Support BRIDGES by renewing your \$10 Membership for the 2020/21 year.</p>	<p>19  <b>Walk &amp; Talk 11AM</b></p>	<p>20                      Chicken Noodle Soup &amp; Tuna Sand. BRIDGES Board Meeting 4:00 PM                      Knit Night with The Yarnbags 7PM</p>	<p>21  <b>Walk &amp; Photo 11AM</b>                      Private Event 2-4 PM                      7PM  HINTON UKULELE GROUP</p>	<p>22                      Pizza and Caesar Salad                      Respite Care Info Session 6 – 8 PM</p>	<p>23  <b>Walk &amp; Photo 11AM</b>  <b>Dinner &amp; a Movie 5PM</b></p>	<p>24                      BRIDGES is a great place for meetings! Call or email today to book your in-person meeting – we have space for 2m physical distancing and a screen &amp; projector for virtual attendants.</p>
<p>25  <b>BRIDGES SHARE SHOP DAY</b>                      We have volunteer opportunities available! Ask Janice for info! 780-865-4464</p>	<p>26  <b>Pumpkin Painting 11AM</b></p>	<p>27                      Corn Chowder &amp; Fresh Biscuits                      Knit Night with The Yarnbags 7PM</p>	<p>28  <b>Walk &amp; Photo 11AM</b>                      7PM  HINTON UKULELE GROUP</p>	<p>29                      Chicken, Rice &amp; Vegetables                      Private meeting 4:30</p>	<p>30  <b>Walk &amp; Photo 11AM</b></p>	<p>31  <b>Happy Halloween!</b>  </p>