

Our Programs

OCCUPATIONAL THERAPY

Book an individual appointment with our occupational therapist by contacting us. We can schedule a time that works best for you throughout the week.

PEER COUNSELLING

Schedule an individual appointment with peer specialists, who bring their unique lived experiences to compassionate listening, problem solving, and goal setting sessions.

BREAKFAST CLUB

Enjoy a homemade breakfast with your friends!

- **When:** Every Tuesday at 10am
- **Where:** 99 York Street

GARDENING GROUP @ 31 LYONS ST

Partake in seed planting, plant care and all the fun things that go with gardening at the community garden at 31 Lyons St.

RECOVERY FROM HOMELESSNESS

Six peer-led workshops designed to support you transitioning through and out of homelessness.

RECREATION GROUPS

Escape Room - Please let us know if you are coming

Kingston Busker Festival

Meet us at 3 Adelaide to head out into the community to watch buskers do their thing!

Fishing

We have a few rods to share, and if you have your own, bring it! Meet us at 3 Adelaide to head over together, or meet us there.

Disc Golf

Meet at 3 Adelaide and we will head over to Grass Creek park to enjoy the beach and play disc golf.

FUN FRIDAY

Every Friday we welcome you to join us for our peer led Fun Fridays, where we will partake in different kinds of activities.

- **When:** Every Friday 1-4pm
- **Where:** 3 Adelaide Street

SOCIAL ENTERPRISE

Become an entrepreneur! Use your skills to develop innovative business ideas and contribute to the well-being of your community. We will be creating graphic t-shirts using our very own designs to screen print with!

