




May 2019 Activity Calendar



PROJET PAL

(514) 767-4701 #0 www.projetpal.com

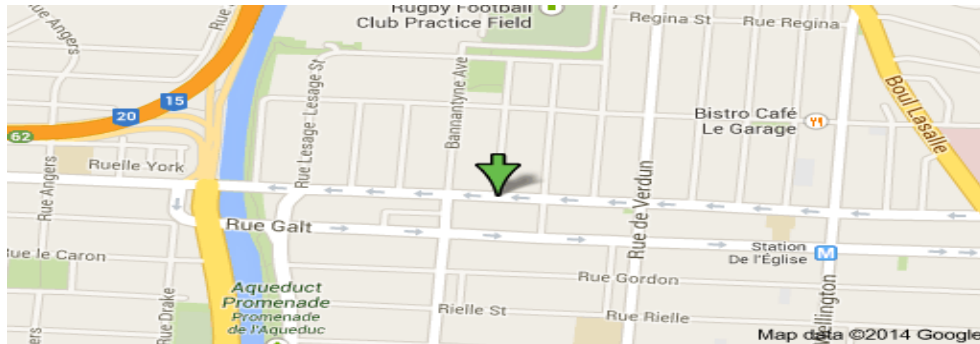
PLEASE NOTE THAT OTHER SERVICES AT P.A.L. ARE AVAILABLE
MONDAY - FRIDAY FROM 9:00 TO 4:30 BY APPOINTMENT ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <p>THEME: Mental Health Support Day</p>	 <p>THEME: Creative Expression Day</p>	 <p>THEME: FUN Friday</p>
6	7	8 1:00 Outing to the <i>South-West Mental Health Fair</i> at Champlain Center *** meet in front of PAL at 1 PM***	9 Open only for 1:30 Choir practice	10 10:30 Brunch 11:00 Discussion on Drop-in Reopening with Angela and Christian *** drop-in closes at 12:30***
13	14	15 1:30 Mental Health Discussion Group	16	17 11:30 Brunch *** celebration of Therapeutic Measures Participants*** 1:30 Bingo
20 PAL services closed (Statutory Holliday)	21	22 1:30 Mental Health Discussion Group	23 Open only for 1:30 Choir practice	24 11:30 Brunch *** Celebration of Birthdays for the Month of May*** 1:00 Names for Cleaning in June 1:30 Outing : Bird Sanctuary at Parc des Rapides
27	28	29 1:30 Mental Health Discussion Group	30 Open only for 1:30 Choir practice	31 11:30 Brunch 1:30 Karaoke

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Where is P.A.L. exactly? 861 de l'Église, Verdun, QC H4G2N3



- 10 min. walk from metro station De l'Église or Verdun
- 108 Bus to the corner of Bannantyne and De l'Église
- 107 Bus to the corner of Verdun and De l'Église

Temporary Opening Hours:

Monday	Drop-in CLOSED but offices open
Tuesday	Drop-in CLOSED but offices open
Wednesday	1:00 pm - 3:30 pm
Thursday	1:00 pm—3:30 pm, only for choir practice
Friday	11:30—4:30 pm

For more information, you can contact PAL:

Phone: 514 767- 4701 # 0

Website: www.projetpal.com

Email: info@projetpal.com

SPECIAL ACTIVITIES

- **Wednesday May 8 at 1:00 PM: Outing to the South-West Mental Health Fair** Come learn more about mental health organizations in the South-West! We will meet in front of PAL at 1 PM, and take the bus together to attend the fair at Champlain Center (1201, Argyle street).
- **Friday May 10 at 11:00 AM: Discussion on Drop-in Reopening :** After having a light brunch, we will talk about the reopening of the drop-in with Angela Murphy, coordinator, and Christian Huneault, our new assistant coordinator.
- **Friday May 17 at 11:30 AM: Celebration of Therapeutic Measures Participants:** During this special brunch, we will celebrate the involvement of members who completed the Therapeutic Measures Program in 2018-2019. Come show your support!
- **Friday May 24 at 1:30 PM: Outing to the Bird Sanctuary at Parc des Rapides:** We can access this beautiful piece of nature with a simple city bus ride! We will enjoy the view of the Lachine Rapids, and observe the birds and small animals in the park.