






July 2019

Activity Calendar

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

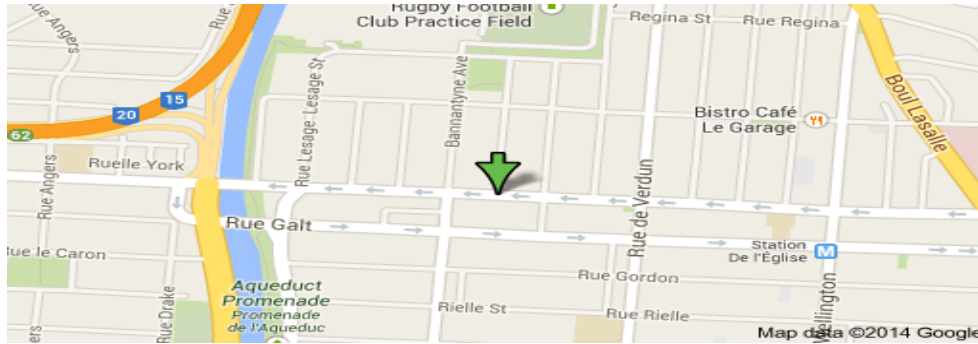
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>THEME: Therapeutic Measures</p>  <p>1</p> <p>PAL closed (Statutory Holliday)</p>	<p>THEME: Discussion & Action</p>  <p>2</p> <p>11:30 Drop-in opens 12:00 Community lunch 1:30 Names for cooking 2:00 Democratic life</p>	<p>THEME: Mental Health Support Day</p>  <p>3</p> <p>1:00 Drop-in opens 1:30 Mental health discussion group</p>	<p>THEME: Creative Expression</p>  <p>4</p> <p>1:00 Drop-in opens 1:30 Visual Arts workshop</p>	<p>THEME: Fun Friday</p>  <p>5</p> <p>11:30 Special Brunch : Celebrating Sarah *see back for details* 1:30 Outing: Games in the park</p>
<p>8</p> <p>Services open Drop in closed</p>	<p>9</p> <p>11:30 Drop-in opens 12:00 Community lunch 1:30 New members orientation</p>	<p>10</p> <p>1:00 Drop-in opens 1:30 Mental health discussion group</p>	<p>11</p> <p>1:00 Drop-in opens 1:30 Theater workshop</p>	<p>12</p> <p>11:30 Brunch 1:30 Outing: Angrignon Park</p>
<p>15</p> <p>Services open Drop in closed</p>	<p>16</p> <p>11:30 Drop-in opens 12:00 Community lunch *Celebration of Birthdays * 1:30 Names for cleaning 2:00 Democratic life</p>	<p>17</p> <p>1:00 Drop-in opens 1:30 Mental Health discussion group</p>	<p>18</p> <p>1:00 Drop-in opens 1:30 Essential Oils workshop</p>	<p>19</p> <p>11:30 Brunch 1:30 Outing : Verdun Beach</p>
<p>22</p> <p>Services open Drop in closed</p>	<p>23</p> <p>11:30 Drop-in opens 12:00 Community lunch 1:30 Newsletter Committee</p>	<p>24</p> <p>1:00 Drop-in opens 1:30 Mental Health discussion group</p>	<p>25</p> <p>OUTING St-Bernard Island *See back for details*</p>	<p>26</p> <p>11:30 Brunch 1:30 Outing : Ice cream in the Old Port</p>



What happens if it rains? See the back for details!

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P.A.L Activity Calendar



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

Opening Hours:

Monday	Drop-in CLOSED but offices open
Tuesday	11:30am - 4:30 pm
Wednesday	1:00 pm - 4:30 pm
Thursday	1:00 pm - 4:30 pm
Friday	11:30 am - 4:30 pm

For more information, you can contact us:

Phone: 514 767- 4701 # 227

Website: www.projetpal.com

Email: info@projetpal.com

SPECIAL ACTIVITIES

- **In case of rain:** The Friday outings will be replaced by a visit to the Tea House, Le Chat Noir.
- **Friday July 5th at 11:30am: Special Brunch Celebration for Sarah:** Join us for a special brunch to say Thank You and share your best wishes with former drop-in worker, Sarah Burkart.
- **Thursday July 25th: Outing to L'Île St-Bernard:** Île St. Bernard is a beautiful natural refuge close to Chateaugay. We will enjoy a guided tour in the forest. It's possible that we will encounter animals along the way while enjoying beautiful landscapes. We will depart from PAL by bus at 9:30 am and return to PAL by 4:00 pm. Your ticket will include transportation to and from PAL, a lunch as well as a guided tour in the forest.

Tickets for the Outing on July 25th 2019

- Will be on sale from Tuesday July 2nd until Tuesday July 16th 2019
- They cost: 8\$ for Permanent Members
- They cost: 10\$ for Temporary and Community members.