

July, August, September 2019

## Info/Support Groups:

- All welcome
- Informal sharing of information and workshops, peer support
- Refreshments are served

## Bond:

- 3rd Tuesday of every month 9:30- 11am  
Tuesday July 16, 2019  
Tuesday August 20 , 2019  
Tuesday September 17 , 2019

## Palermo:

- 1st Wednesday of every month 3-4:30  
Wednesday July 3, 2019  
Wednesday August 7, 2019  
Wednesday September 4 , 2019

## Coptic:

- 3rd Thursday of every month 3-4:30  
Thursday July 18 , 2019  
Thursday August 15, 2019  
Thursday September 19, 2019

## Foot Care Clinic

Bond St. July 17 & Sept 11, 2019  
Contact Jacinth  
At 905-337-8937

Palermo Contact Rammet  
At 905-847-3394

Coptic Contact Nadia  
At 905-812-8222



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ANNIVERSARY

## 40th Anniversary Celebration

Thursday September 12, 6-8 pm  
53 Bond Street, Oakville  
In the Garden.  
All Welcome.



Lots of food, fun and entertainment.

*"Change your thought and you  
change your world!"*

*- Norman Vincent Peale*

*We will be*  
**CLOSED**



- Monday July 1, 2019 – Canada Day
- Monday August 5, 2019 – Civic Day
- Monday September 2, 2019 –  
Labour Day

Wishing each and everyone wonderful  
and safe holiday season!