



**MON**

**TUE**

**WED**

**THU**

**FRI**

<p><b>2</b></p> <p>Family &amp; Natural Supports 2–5pm</p> <p>Art For Change 3–5pm</p>	<p><b>3</b></p> <p><b>*BIPOC ONLY DROP-IN*</b> 2:30–7:30pm</p> <p>BIPOC Discussion 4–6pm</p>	<p><b>4</b></p> <p>Just In Case! 11am–2pm</p> <p>Werk It Out 4:45–6pm</p>	<p><b>5</b></p> <p>Art Therapy 4–5:30pm    Voice Group 5:30–7:30pm</p>	<p><b>6</b></p> <p>Financial Advising 3:30–5:30pm</p> <p>Gaming 1–5pm</p>
<p><b>9</b></p> <p>Family &amp; Natural Supports 2–5pm</p> <p>Art For Change 3–5pm</p>	<p><b>10</b></p> <p><b>*BIPOC ONLY DROP-IN*</b> 2:30–7:30pm</p> <p>BIPOC Discussion 4–6pm</p>	<p><b>11</b></p> <p>Just In Case! 11am–2pm</p> <p>Reconciliation-Recognition 2–4pm</p> <p>Werk It Out 4:45–6pm</p>	<p><b>12</b></p> <p>Art Therapy 4–5:30pm    Voice Group 5:30–7:30pm</p>	<p><b>13</b></p> <p>Gaming 1–5pm</p>
<p><b>16</b></p> <p>Family &amp; Natural Supports 2–5pm</p> <p>Art For Change 3–5pm</p>	<p><b>17</b></p> <p><b>*BIPOC ONLY DROP-IN*</b> 2:30–7:30pm</p> <p>BIPOC Discussion 4–6pm</p>	<p><b>18</b></p> <p>Just In Case! 11am–2pm</p> <p>Reconciliation-Recognition 2–4pm</p> <p>Werk It Out 4:45–6pm    DBT 5–7pm</p>	<p><b>19</b></p> <p>Nurse Practitioner 10am–12pm</p> <p>Trauma-Informed Yoga 12:30–1:30pm</p> <p>Art Therapy 4–5:30pm</p>	<p><b>20</b></p> <p>Financial Advising 3:30–5:30pm</p> <p>Gaming 1–5pm</p>
<p><b>23</b></p> <p>Family &amp; Natural Supports 2–5pm</p> <p>Art For Change 3–5pm</p>	<p><b>24</b></p> <p><b>*BIPOC ONLY DROP-IN*</b> 2:30–7:30pm</p> <p>BIPOC Discussion 4–6pm</p>	<p><b>25</b></p> <p>Just In Case! 11am–2pm</p> <p>Reconciliation-Recognition 2–4pm</p> <p>Werk It Out 4:45–6pm    DBT 5–7pm</p>	<p><b>26</b></p> <p>Trauma-Informed Yoga 12:30–1:30pm</p> <p>Art Therapy 4–5:30pm</p>	<p><b>27</b></p> <p>Gaming 1–5pm</p>
<p><b>30</b></p> <p>Family &amp; Natural Supports 2–5pm</p> <p>Employment Support 2–5pm</p> <p>Art For Change 3–5pm</p>	<p><b>31</b></p> <p><b>*BIPOC ONLY DROP-IN*</b> 2:30–7:30pm</p> <p>BIPOC Discussion 4–6pm</p>	<p><b>1</b></p> <p>Just In Case! 11am–2pm</p> <p>Reconciliation-Recognition 2–4pm</p> <p>DBT 5–7pm</p>	<p><b>2</b></p> <p>Trauma-Informed Yoga 12:30–1:30pm</p> <p>Art Therapy 4–5:30pm</p>	<p><b>3</b></p> <p>Financial Advising 3:30–5:30pm</p> <p>Gaming 1–5pm</p>

**HOURS**

MON 10am–7:30pm  
 TUE 2:30pm–7:30pm  
 WED 10am–7:30pm  
 THU 10am–7:30pm  
 FRI 10am–5:30pm

**FOOD PROGRAM**

**MON**  
 Lunch: 1:30–2:30pm  
 Dinner: 5:30–6:30pm

**TUE**  
 Lunch: 2:30–3:30pm  
 Dinner: 5:30–6:30pm

**WED**  
 Lunch: 1:30–2:30pm  
 Dinner: 5:30–6:30pm

**THU**  
 Lunch: 1:30–2:30pm  
 Dinner: 5:30–6:30pm

**FRI**  
 Lunch: 1:30–2:30pm

**MARCH 2020**

**Art For Change (OPEN):**

Drop-in and get creative with us! Using a different artistic medium each week, we will explore unique ways to express our voices, ideas, and feelings. All folks with various artistic interests and abilities are welcome and encouraged to participate. Materials, snacks, and tokens will be provided.

**Art Therapy (OPEN):**

Art supplies are used as tools for self expression and fun. There's no right or wrong way to use art materials, and we will try different things that may be new to you! The focus is on the creative process, not the final product. This group takes place in a safe and confidential space, and will explore a different theme each month. Dinner will be served after.

**BIPOC Drop-In:**

Friends of Ruby's drop-in hours for Black, Indigenous, and/or People of Colour who face racial discrimination. Come hang out and connect with other LGBTQI2S BIPOC youth in a safer space. The drop-in will feature a weekly discussion group, movies, food, games, and activities.

**DBT (CLOSED):**

Learn to apply Dialectical Behavioural Therapy (DBT) skills to your life. Learn new skills to handle painful emotions, decrease conflict in relationships and build a life worth living – as defined by you! Registration and intake required. To register for this group, please contact Claire (she/her): clewis@friendsofruby.ca or 416-359-0247

**Employment Support (BY APPOINTMENT):**

Samantha is a Youth Outreach Counsellor with Toronto Youth Partnerships & Employment (TYPE) who works with LGBTQ2S+ and all youth. She will be here to help navigate pathways to employment, training and education, provide 1-on-1 employment supports, and connect you with skills development, training initiatives, and youth friendly employers and additional services. To book, please contact: info@friendsofruby.ca

**Family & Natural Supports:**

Workers from the FNS Program will be here to help you find and strengthen your network of supportive and caring people. The program is for homeless and marginally housed youth, as well as their chosen supports, who are looking to build closer and happier supportive relationships. Workers are also flexible to meet at a time and location which makes sense for you.

**Financial Advising (BY APPOINTMENT):**

A finance expert will visit Friends of Ruby to provide one-on-one financial advice on topics such as budgeting, saving, credit cards, and how to avoid bank fees. To book an appointment, please contact: info@friendsofruby.ca

**Gaming (OPEN):**

Engage in either board or video games with fellow participants in our space. Participants will be able to learn new games and interact with each other in gaming activities that are fun and engaging. Games will be taught by support staff, peers, and volunteers. Good player attitudes are a necessity and so is having an open mind.

**Just in Case!:**

Weekly drop-in case management hours. First come, first served. 30-minute individual sessions with our case manager who will be able to provide you with resources, information, referrals, and support with education, housing, health care, and more. Must sign up at front desk.

**Nurse Practitioner (BY APPOINTMENT):**

Sue (she/her) is a queer- and trans-affirmative, youth positive, harm reduction, sex and sex work positive Nurse Practitioner with the St. Michael's Academic Family Health Team. She will be here to answer health questions, hold affirming space for discussions of your health care needs, provide health and wellness education, and help you connect with a Primary Care Provider (Nurse Practitioner or Family Doctor) if you don't already have one. To book an appointment, please contact: info@friendsofruby.ca

**Reconciliation through Recognition (OPEN):**

Through the sharing of history, knowledge, and traditions, we can come together the way treaties intended, with shared responsibility, and connectivity Nation to Nation. All LGBTQI2S youth are welcome.

**Trauma-Informed Yoga (OPEN):**

Join us for an 8-week trauma-informed yoga class at Friends of Ruby. This class is open to all LGBTQI2S youth. No experience necessary. No registration required. Lunch will be served after.

**Voice Group (CLOSED):**

Voice classes for trans folks to explore your vocal identity and learn vocal health techniques and strategies. Participants will also have the opportunity to perform as a group or as a soloist in our final showcase. Must register to participate. Please contact: jbinos@friendsofruby.ca

**Werk It Out (OPEN):**

Join us for a series of employment talks where participants will get tips, advice, and help with finding and maintaining employment. Each week will feature different LGBTQI2S professionals from a variety of fields who will be here to share their experiences. There will be opportunity for discussion and questions from participants. Dinner will be served. No registration required.

