


Sources – Women’s Place

15318 – 20th Ave, Surrey BC V4A 2A3 * Phone 604 536-9611 / Fax 604 536-6362 www.sourcesbc.ca

Lunch – Tuesdays & Thursdays 11:00 AM – 1:30 PM / **Clothing Exchange** – Wednesdays & Fridays 10:00 AM – 2:00 PM / **Visiting Service Providers** **Trauma Counselling Groups** or **Informational Seminars/Groups** (registration required)

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 CLOSED	29 CLOSED	30 Lunch 11 AM – 1 PM (Limited seating)	1 CLOSED 	2 Lunch 11 AM – 1 PM (Limited seating)	3 Clothing Exchange 10 AM – 2 PM Light Lunch 12 – 1 PM	4 CLOSED
5 CLOSED	6 CLOSED	7 Lunch 11 AM – 1 PM (Limited seating)	8 Clothing Exchange 10 AM – 2 PM Light Lunch 12 – 1 PM	9 Lunch 11 AM – 1 PM (Limited seating)	10 Clothing Exchange 10 AM – 2 PM Light Lunch 12 – 1 PM	11 CLOSED
12 CLOSED	13 Poetry In Play Group Activity 2 – 4 PM	14 Lunch 11 AM – 1 PM (Limited seating) Ministry Integration Specialist (MSDPR) 11:30 AM – 1 PM Disability Resource Info Session 2 – 3 PM	15 Clothing Exchange 10 AM – 2 PM Light Lunch 12 – 1 PM Trauma Counselling Services - Cynthia 11AM Self Compassion Drop In – Loving Kindness Meditation 2 – 3 PM	16 Lunch 11 AM – 1 PM (Limited seating)	17 Clothing Exchange 10 AM – 2 PM Light Lunch 12 – 1 PM Keyworker – 11:30 AM	18 CLOSED
19 CLOSED	20 CLOSED	21 Lunch 11 AM – 1 PM (Limited seating) Ministry Integration Specialist (MSDPR) 11:30 – 1 PM	22 Clothing Exchange 10 AM – 2 PM Light Lunch 12 – 1 PM Self Compassion Drop In – Compassionate Movement Meditation 2 – 3 PM	23 Lunch 11 AM – 1 PM (Limited seating)	24 Clothing Exchange 10 AM – 2 PM Light Lunch 12 – 1 PM Trauma Counselling Services – Andrea 11 AM	25 CLOSED
26 CLOSED	27 CLOSED	28 Lunch 11 AM – 1 PM (Limited seating) Disability Resource Info Session 2 – 3 PM	29 Clothing Exchange 10 AM – 2 PM Light Lunch 12 – 1 PM Self Compassion Drop In – RAIN Meditation 2 – 3 PM	30 Lunch 11 AM – 1 PM (Limited seating)	31 Clothing Exchange 10 AM – 2 PM Light Lunch 12 – 1 PM	1 CLOSED

