

## **THE WELL/LA SOURCE HOSTS OPEN HOUSE TO INFORM COMMUNITY OF ESSENTIAL SERVICES**

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OTTAWA, Ontario – The Well/La Source, a gathering place for women and women with children, hosts its Fourth Annual Open House to inform community members about the essential services it provides.

The event is intended to generate awareness about The Well and to let community members know about the valuable programs and services that are run out of the centre, which is located at 154 Somerset St West in the basement of St. John the Evangelist Anglican Church.

In addition to providing regular hot meals, The Well offers recreational day programs, onsite and outreach supportive services, and volunteer-led services to the community. Programs and services are focused on providing all women with a sense of community and companionship, and to support them to make safe and healthy choices in life.

The Well offers group and legal support around addictions, social integration, housing, relationships, parenting, employment, and mental illness, as well as access to resources in our community.

Group activities provided include meditation, yoga, literacy, computer training, arts and crafts, and bingo. Women of The Well also enjoy relaxation and personal care services including chair massage and haircuts, as well as special events and outings within the community.

The Well welcomes all community members and members of the press to attend the Fourth Annual Open House on Sunday, September 29 from 11:30a.m. to 2:00p.m.

Coffee and treats will be served as attendees enjoy the musical wonders of The Well's Angels Choir. Women of The Well, including staff, board and committee members, volunteers will be available for tours, conversation, and interview.

“For nearly 30 years, The Well has provided safe haven to women and their children – a space where they can grow personally and professionally with the support of their peers, staff, and volunteers. As we open our home and hearts to the community, we hope you will join us to get a sense of how we support local women and their children, and also so we can give thanks for your ongoing support,” said Janet McInnes, Executive Director of The Well.

### **Media contact**

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