NOVEMBER CALENDAR

Ribbon Community

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 SURREY GROCERY 4-6PM GAMES DAY 2-4PM	**3**	**4**	**5**
9 GAMES DAY 2-4PM	**10** GROCERY 1-4PM GRUPO LATINO 5-7PM	**11** CLOSED FOR STATUTORY HOLIDAY. THERE WILL BE EXTRA GROCERY HOURS ON NOVEMBER 12.	**12** WOMEN'S GROCERY 10-12PM EXTRA GROCERY HOURS 1-3PM SURREY GROUP 2-4PM
16 GAMES DAY 2-4PM	**17** POSITIVE TALK 5:30-7:30PM	**18**	**19**
23 GAMES DAY 2-4PM	**24** GROCERY 1-4PM SURREY GROUP 5-7:30PM GRUPO LATINO: FIESTA DE NAVIDAD 5-7PM	**25** GROCERY 1-4PM BANNOCK IN THE RESOURCE CENTRE	**26** WOMEN'S GROCERY 10-12PM
30 GAMES DAY 2-4PM			

Join Viva, hosted by Ribbon Community. Viva is a community of women living with HIV in BC, who communicate with other HIV-positive women directly, primarily online.

Viva provides peer support, reduces isolation, offers a notice board for its members to post events and information related to HIV/AIDS, and a space to connect people who want to take action on the issues that are important to them.

POSITIVE TALK

THIRD TUESDAY | 6:00—7:30 PM

Positive Talk brings together people living with HIV, and welcomes everyone in our communities. Peers host dedicated spaces for African, Caribbean, and Black community members (Leon), women (Millennium), and Arabic speakers (Meryam).

Call or text **Leon** at 236-833-0766 for the ACB Group
Call or text **Gary** at 236-833-0175 for Positive Talk
Call or text **Millennium** at 236-833-0949 for Womens Group

مجموعة اجتماعية باللغة العربية. كل ثالث ثلاثاء من كل شهر. من الساعة 6:00 مساءً حتى 7:30 مساءً.
طعام، أصدقاء، ومعلومات عن فيروس نقص المناعة.
سيكون هناك سحب لبطاقات الهدايا في نهاية الاجتماع. لمزيد من المعلومات، اتصلوا بمريم.
اتصل أو أرسل رسالة نصية إلى 236-333-2975.

ART THERAPY PROGRAM

The Art Therapy program is led by art therapy practicum students from the Vancouver Art Therapy Institute.

Participants will have the choice of many different art forms to use to express their thoughts, feelings, and experiences.

Sessions will be one (1) hour long, and will take place on-site at Ribbon Community every Monday and Thursday. Folks are welcome to try out the program, and if it's a good fit, you can sign up for recurring sessions at whatever frequency you prefer.

The **time slots currently available** are:

- Monday: 10am-11am, 3pm-4pm
- Thursday: 11am-12pm, 3pm-4pm

If interested, please contact Nabaa at NabaaR@RibbonCommunity.org or call 236-688-3433. Please leave a voicemail if your call is not answered.

BANNOCK DAY

November 25 in the Resource Centre

The Indigenous Committee will be hosting bannock in the Resource Centre!

Prepared by Mr. Bannock, we will serve bannock on a first come, first serve basis. Connect with the Indigenous Committee! Feel free to stop by and grab yourself some bannock.

RIBBON IN SURREY

November 12 | 2:00-4:00 PM

November 24 | 5:30-7:30 PM

All people living with HIV are welcome at this free group hosted in Surrey. We will have snacks and a draw for $25.00.

Contact **Leon** at LeonM@RibbonCommunity.org

Text/call/phone **236-833-0766** for additional details.

GROCERY SPECIALS

November 10 & 12 (closed November 11):

- Corned Beef
- Juice
- Soup
- Cereal

November 24, 25, & 26:

- Baked Beans
- Peanut Butter
- Mac & Cheese
- Instant Oatmeal

LEISURE ACCESS PROGRAM

November 24 | 1:00 - 4:00 PM
First Floor of 1101 Seymour St

The Leisure Access program provides free and reduced cost admissions to Park Board facilities for Vancouver residents.

A staff member from the Vancouver Board of Parks and Recreation will be here to answer any questions about the program and to sign people up. **This is open to everyone at Ribbon Community.**