

Timmins Youth Wellness Hub



The Timmins Youth Wellness Hub was established in September 2018 to provide programs and services to youth aged 12 to 25 years old in the Timmins community.

In June 2021, it was announced that the hub would become a Youth Wellness Hubs Ontario (YWHO) site supported by the Ontario government through an expansion of mental health services for children and youth.

The TYWH has been a pioneer of the rotational Hub model, utilizing multiple community partner locations across the city to ensure youth can easily access programs and services.



Crisis Resources in Timmins

Canadian Mental Health Association – Cochrane-Timiskaming: 705-267-8100

Monday - Friday 8:30a.m. - 4:30 p.m.

North Eastern Ontario Family and Children's Services: 705-360-7100 or

1-800-665-7743

Timmins & District Hospital: 705-264-3003 or

1-888-340-3003

Remember: you are deserving of help. If you or someone you know is in a crisis or emergency, please call 9-1-1 immediately.



YWHO Network

1. Central Toronto
2. Chatham Kent
3. Cornwall & SDG (Stormont, Dundas and Glengarry)
4. Haliburton County
5. Kenora
6. KFLA Counties (Kingston, Frontenac, Addington, Lennox)
7. London-Middlesex
8. Malton
9. Niagara Region
10. North Simcoe
11. Renfrew County
12. Rockland & PR (Prescott Russell)
13. Sagamok Anishnawbek First Nation
14. Sarnia Lambton
15. Scarborough
16. Sudbury
17. Thorncliffe Park
18. **Timmins**
19. Toronto East
20. Wellington Guelph
21. West Toronto
22. Windsor-Essex



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45 Spruce Street South, Timmins, ON



What is Youth Wellness Hubs Ontario (YWHO)?

Youth Wellness Hubs Ontario, or YWHO, is an initiative that was founded to fill the service gaps in the youth mental health and substance use system in Ontario.

YWHO provides all young people in Ontario aged 12 to 25 with a one-stop shop of integrated youth services that support their individual needs. It is an integrated youth service model designed to improve experiences and outcomes for youth by:

- Increasing access to rapid, low-barrier services;
- Reducing transitions by providing care in one location; and,
- Providing tailored, high quality programs co-developed with youth to meet their needs.

YWHO is a network reaching 22 communities with over 30 locations in Ontario that provide integrated co-designed services for youth and families. Each location works with local service providers and partners in their communities across the province.



Core Services

YWHO sites are “one-stop shop” for youth to access a full range of integrated youth services. Young people can feel confident knowing that they will have the same experience and access at every YWHO site in Ontario.

Our services include the following:

Youth Wellness Team Services

- Mental health
- Substance use
- Primary care
- Sexual health
- Care navigation
- Peer support
- Intake

Community and Social Support Services

- Education
- Employment and training
- Income services
- Housing
- Family support
- Outreach

Skills and Well-being Activities

- Learning workshops
- Health-based/leisure activities
- Cultural programming
- Drop-in time



Youth Wellness Hubs Ontario aims to provide the right services to youth and their families in the right place at the right time.