



**youth
wellness
hubs**
ONTARIO

**carrefours
bien-être
pour les jeunes**
DE L'ONTARIO

APRIL 2024

HUB HEADQUARTERS: 45 SPRUCE ST S, TIMMINS, ON

☎ 705-268-0400

SCHOOL YEAR HOURS MONDAY, TUESDAY AND THURSDAY: 10AM - 6PM WEDNESDAY: HUB HQ 12PM - 4PM / ROTATIONAL 4PM - 8PM FRIDAY: CLOSED SATURDAY: 12PM - 4PM

01

CLOSED
Easter Monday



02

Self-guided activities
For ages 18 - 25
1:00 pm - 3:00 pm

Jam session with Jack
*Bring your own musical instrument
or use one of ours*
For ages 12 - 17
4:00 pm - 5:30 pm

03

Bowling & pizza
Free for ages 12-25
3:30 pm - 6:00 pm

Meet at Hub HQ
for 3:30 pm!



04

Self-guided activity
For ages 18-25
1:00 pm - 3:00 pm

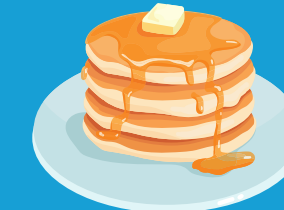
Drop-in time
For ages 12-17
4:00 pm - 5:30 pm

06

@ Hub HQ
11:00 am - 3:00 pm

*For ages 12-17 and
their parents or guardians*

Pancake Breakfast



08

Artful Insights
with Justice Sutherland
For ages 12-25
1:30 pm - 5:30 pm

09

Artful Insights
with Justice Sutherland
For ages 12-25
1:30 pm - 5:30 pm

Intro to
Northern College
For ages 12-25
2:30 pm - 4:30 pm



10

@ Roland Michener
For ages 12-25
4:00 pm - 8:00 pm

Art
Gym
Supper
Board games

**Bring indoor shoes
and a water bottle*

11

Cooking workshop
with ACT
For ages 18-25
1:00 pm - 3:00 pm

Cooking workshop
For ages 12-17
4:00 pm - 5:30 pm



13

@ Hub HQ
12:00 pm - 3:45 pm
For ages 12-17

Guided painting activity
Lunch
Board games

Hub Services & Supports

- Peer Support
- Care Coordination
- Hub Counsellor
- Single Session Counselling
- Housing Support
- Educational Support
- Community Supports
- Homework Help

Always available!

Free for all youth aged 12-25.
The TYWH is a safe and
welcoming space for all youth.

Always available: meals &
snacks, bus tickets, hygiene
supplies + more.



/ywhtimmins



@ywhtimmins



ywhtimmins.ca



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15

Taxes and Treats
For ages 12-25
3:00 pm - 5:00 pm



16

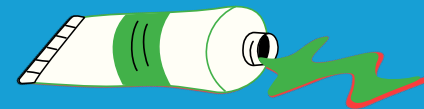
Beading activity with Ellevive
For ages 18-25
2:30 pm - 4:00 pm

Thrifting for youth in need
For ages 12-25
4:00 pm - 5:00 pm

Drop-in time
For ages 12-17
4:00 pm - 5:30 pm

17

Painting with emotions
hosted by
Creating Connections
For ages 12-25
4:30 pm - 6:30 pm



18

**Tummy time with
EarlyOn and PHU**
For parents/caregivers ages 18-25
10:00 am - 12:00 pm

**2SLGBTQIA+ group
Jeopardy!**
For ages 18-25
1:00 pm - 3:00 pm

**2SLGBTQIA+ group
Jeopardy!**
For ages 12-17
4:00 pm - 5:30 pm

20

TimminsCon 2024
@ McIntyre Community
Centre
12:00 pm - 3:45 pm
Free for ages 12-25

Lunch is included

*Meet at the McIntyre Community
Centre for 12 pm!



22

**Employment readiness
workshop with
Employment Options
and
Contact North**
For ages 12-25
2:30 pm - 4:30 pm

23

**Art drop-in with the
Porcupine Health Unit
sexual health**
For ages 12-25
3:00 pm - 5:00 pm



24

**Visiting the library
with Phoenix**
For ages 12-25
4:00 pm - 6:00 pm

Meet at Hub HQ

25

Self-guided activity
For ages 18-25
1:00 pm - 3:00 pm

Zentangle with Michelle
For ages 12-17
4:00 pm - 5:30 pm



27

@ Hub HQ
12:00 pm - 3:45 pm
For ages 12-17

**Bumblebee
watering station
Seed starting
Lunch**

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- Care Coordination
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- Single Session
Counselling
- Housing Support
- Educational
Support
- Community
Supports
- Homework Help

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29

Self-guided activity
For ages 18-25
1:00 pm - 3:00 pm

Teachings
with Métis Nation
For ages 12-17
4:00 pm - 5:30 pm



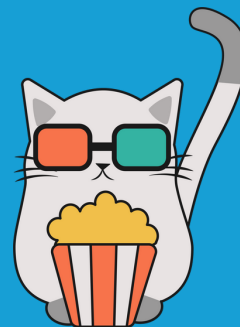
30

Self-guided activity
For ages 18-25
1:00 pm - 3:00 pm

Fabric art with Maegan
For ages 12-17
4:00 pm - 5:30 pm

01

Movie night and dinner
For ages 12-25
4:00 pm - 6:30 pm



02

Mindful bottles
For ages 18-25
1:00 pm - 3:00 pm

Mindful bottles
For ages 12-17
4:00 pm - 5:30 pm

May 04

@ Northern College
12:00 pm - 3:45 pm
For ages 12-25

Squash
Lunch
Board games



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