



**youth
wellness
hubs**
ONTARIO

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

FEBRUARY 2025

☎ 705-268-0400

HUB HEADQUARTERS: 45 SPRUCE ST S, TIMMINS, ON

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

03 Monday

Coffee Social
For ages 18-25
1:00 pm - 2:00 pm

**Drop In Time and
Dinner**
For ages 12-25
4:00 pm - 5:30 pm

04 Tuesday

Trivia and Treats
For ages 18-25
1:00 pm - 3:00 pm

Trivia and Treats
For ages 12-17
4:00 pm - 5:30 pm



05 Wednesday

@ Renaissance
For ages 12-25
4:00 pm - 6:45 pm

**Board Games
Community Kindness Activity
Dinner**

**Bring indoor shoes and a
water bottle*

06 Thursday

Drop In Time
For ages 12-25
3:00 pm - 5:00 pm



07 Friday

@ McIntyre Arena
For ages 12-25
6:15 pm - 10:30 pm

Timmins Rock Game

*Meet us outside the McIntyre
Arena at 6:15pm!
* 20 tickets available**

Hub Services & Supports

- Peer Support
 - Care Coordination
 - Hub Counsellor
 - Single Session
Counselling
 - Housing Support
 - Educational
Support
 - Community
Supports
 - Homework Help
 - Primary Care:
Sexual Health
Clinic
- Always available!**

10 Monday

Intro to Journalling
For ages 18-25
1:00 pm - 3:00 pm

**Self Love Activity with Jessica
from MNO**
For ages 12-17
4:00 pm - 5:30 pm



11 Tuesday

**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

12 Wednesday

**Self Care Movie Night
with Pizza**
For ages 12-17
3:30 pm - 5:30 pm



13 Thursday

**Timmins Fitness
Alternatives**
For ages 12-17
4:30 pm - 7:30 pm

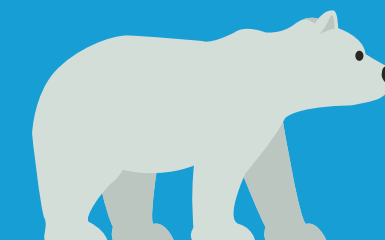
Meet at Hub HQ by 4:30 pm
to participate (TFA activity
begins at 5:30 pm).

Signed waivers required!

15 Saturday

CLOSED

for Family Day Weekend



**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



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ywhtimmins.ca



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17 Monday

CLOSED
for Family Day

18 Tuesday

NeuroSkills with SABIC
For ages 12-25
3:00 pm - 5:00 pm

19 Wednesday

@O'Gorman Intermediate
For ages 12-25
4:30 pm - 7:45 pm

Open Gym
Board Games
2025 BINGO Cards
Dinner

**Bring indoor shoes and a water bottle*

20 Thursday

2SLGBTQIA+ History Night
For ages 12-25
3:00 pm - 5:00 pm

22 Saturday

Pink Shirt Day Booth
10:00 am - 1:00 pm

Come and visit our booth at the Timmins Public Library!

Hub Services & Supports

- Peer Support
- Care Coordination
- Hub Counsellor
- Single Session Counselling
- Housing Support
- Educational Support
- Community Supports
- Homework Help
- Primary Care: Sexual Health Clinic

Always available!

24 Monday

Black History Month
Tea and Talk
For ages 18-25
1:00 pm - 3:00 pm

Black History Month
Tea and Talk
For ages 12-17
4:00 pm - 5:30 pm

25 Tuesday

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

Drop In Time
For ages 12-17
4:00 pm - 5:30 pm

26 Wednesday

Bowling and Pizza
For ages 12-25
4:00 pm - 6:30 pm

Meet at Hub HQ by 3:45 to sign in and walk with us!

27 Thursday

Self-Guided Social
For ages 18-25
1:00 pm - 3:00 pm

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

28 Friday

@ Collège Boréal
For ages 16-20
7:00 pm - 9:00 pm

Coffee House
Drinks, Food, Music, Games

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.

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