



**youth
wellness
hubs**
ONTARIO

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

JULY 2024

☎ 705-268-0400

HUB HEADQUARTERS: 45 SPRUCE ST S, TIMMINS, ON

SUMMER HOURS

MONDAY - THURSDAY: 10 AM - 6 PM

FRIDAY: 9 AM - 12 PM

08

Coffee social at Aline's!
Meet at Hub HQ
For ages 12-25
2:00 pm - 3:00 pm

Birdhouse painting
For ages 12-17
4:00 pm - 5:30 pm



09

Northern College
Student life presentation
with
homemade ice cream!
For ages 12-25
2:30 pm - 4:30 pm

10

Board games with Gary
For ages 12-25
2:00 pm - 4:00 pm
Timmins Fitness Alternatives
Meet at Hub HQ for 3:30 pm with
signed waivers
For ages 12-17
4:00 pm - 6:00 pm



11

Drop-in time:
for ages 12-25
1:00 pm - 3:00 pm

Thoughtful Thursday
with Michelle
For ages 12-25
3:00 pm - 5:00 pm

12

Appointments
Available
9:00 am - 12:00 pm



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

NEW!

Always available!

15

Tea & Talk
For ages 18-25
1:00 pm - 3:00 pm

Tea & Talk
For ages 12-17
4:00 pm - 5:30 pm

16

Timmins Wake Park
Meet at Hub HQ
Registration required
For ages 12-25
12:30 pm - 4:00 pm



17

Downtown Urban Park:
Around the world
Meet at Hub HQ
For ages 12-25
12:00 pm - 2:00 pm
Board games with Gary
For ages 12-25
2:00 pm - 4:00 pm
Timmins Fitness Alternatives
Meet at Hub HQ for 3:30 pm with
signed waivers
For ages 12-17
4:00 pm - 6:00 pm

18

2SLGBTQIA+ Group:
Nature walk and
scavenger hunt
For ages 12-25
2:00 pm - 5:00 pm



19

Appointments
Available
9:00 am - 12:00 pm

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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22

**Cupcakes and Karaoke
with Phoenix**
For ages 12-17
3:00 pm - 5:00 pm



23

**Mini putt and
picnic at Hollinger Park**
For ages 12-25
1:00 pm - 3:00 pm

TNFC Basketball drop-in
For ages 13-15
4:00 pm - 6:00 pm

24

**ACT Farmer's Market
and cooking class**
Meet us at Hub HQ
For ages 12-25
12:00 pm - 2:00 pm

Board games with Gary
For ages 12-25
2:00 pm - 4:00 pm

Timmins Fitness Alternatives
*Meet at Hub HQ for 3:30 pm with
signed waivers*
For ages 12-17
4:00 pm - 6:00 pm



25

Thoughtful Thursday
with Michelle
For ages 12-25
1:00 pm - 3:00 pm

Drop-in time
For ages 12-25
3:00 pm - 5:00 pm

26

**Appointments
Available**
9:00 am - 12:00 pm



29

STEM Experiments
in the park
For ages 12-25
3:00 pm - 5:00 pm

30

**Cooking class:
DIY Fruit popsicles
& pasta salad**
For ages 12-25
12:00 pm - 2:00 pm



31

**Downtown Urban Park:
Halloween!**
Come in costume and meet us at Hub HQ
For ages 12-25
12:00 pm - 2:00 pm

Board games with Gary
For ages 12-25
2:00 pm - 4:00 pm

Timmins Fitness Alternatives
*Meet at Hub HQ for 3:30 pm with
signed waivers*
For ages 12-17
4:00 pm - 6:00 pm

August 01

Gilles Lake day!
For ages 12-25
2:00 pm - 5:00 pm

**Sandcastles
Beach volleyball
Outdoor games
Water games**



02

Appointments
Available
9:00 am - 12:00 pm

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- Community Supports
- Homework Help
- Primary Care: **NEW!** Sexual Health Clinic

Always available!

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

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