



**youth  
wellness  
hubs**  
ONTARIO

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

# MARCH 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 @ Ciao  
Meet at Hub HQ!  
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

Mindful Bottle Activity  
For ages 12 - 25  
3:00 pm - 5:00 pm



## 05 Wednesday

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

Open gym  
Junk journaling  
Board games  
Dinner

*\*Bring indoor shoes and a  
water bottle*

## 06 Thursday

Cozy Library Drop-in  
For ages 12-25  
3:30 pm - 5:30 pm

Meet at Hub HQ!



## 08 Saturday

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

Maker Kit Day  
Lunch

## 10 Monday

Volunteer hours with  
the Golden Manor and  
pizza lunch!  
For ages 12-25  
12:00 pm - 4:00 pm

Meet at Hub HQ  
for 12pm



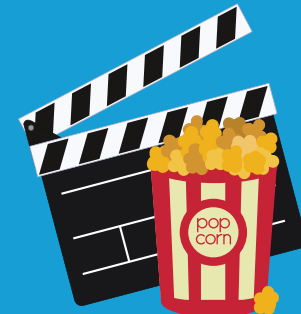
## 11 Tuesday

Thrifting for Youth in  
Need  
For ages 12-25  
4:00 pm - 5:00 pm

Drop-in Time  
Painting Workshop  
For ages 12 - 25  
3:00 pm - 5:30 pm

## 12 Wednesday

Movie Theatre Trip!  
For ages 12 - 25  
**Time will be announced.**  
**Stay tuned!**



## 13 Thursday

Cedar Meadows nature  
tour and lunch  
For ages 12-25  
11:00 am - 4:00 pm

Meet at Hub HQ!

*Signed waivers are required!*

## 15 Saturday

@ Sportsplex  
1:00 pm - 4:00 pm  
For ages 12 - 25

Swimming  
Pizza

*\*Bring a swimsuit, towel, and  
water bottle\**

## 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

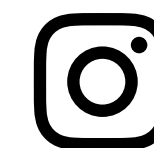
**Always available!**

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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**17 Monday**

**Bannock making Workshop with an Elder**  
For ages 12 - 25  
4:00 pm - 5:30 pm

**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 - 6:45 pm

Open Gym  
Board Games  
2025 BINGO Cards  
Dinner

*\*Bring indoor shoes and a water bottle*

**20 Thursday**

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



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

**22 Saturday**

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

**Cooking Workshop**

**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**

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



**Karaoke Night**  
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 for 3:30 pm and walk with us*



**27 Thursday**

**Misiway polaroid photo holder and mini photo shoot**  
For ages 12 - 25  
3:00 pm - 5:00 pm

**28 Friday**

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

**Coffee House**

Food, music, games, and beverages.



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