



**youth  
wellness  
hubs**  
ONTARIO

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

# MAY 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

**06**

Coffee social at Aline's  
*Meet at Hub HQ*  
*For ages 18 - 25*  
2:00 pm - 3:00 pm

Mario Kart Tournament  
*For ages 12 - 17*  
4:00 pm - 5:30 pm



**07**

Jam making  
and taste testing  
*For ages 12-17*

3:30 pm - 5:30 pm

**08**

Indigenous mural  
unveiling with  
Justice Sutherland  
*For ages 12-25*  
4:00 pm - 6:30 pm

*Bannock & Beverages*



**09**

Music drop in with Jack  
Bring your musical instrument  
or use one of ours  
*For ages 12-17*

4:00 pm - 5:30 pm

**11**

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

Cupcake making day  
Lunch  
Board games



**13**

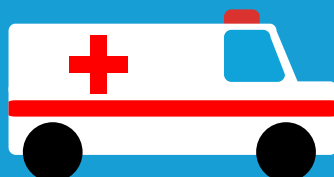
Tummy time with  
EarlyOn and PHU  
*For parents/caregivers ages 14-25*  
10:00 am - 12:00 pm

Sidewalk Chalking  
with Ellevive and Michelle  
*For ages 12-25*  
3:30pm - 5:00 pm

**14**

Tech and Trades by  
Melanie from  
Northern College  
*For ages 18-25*  
1:00 pm - 3:00 pm

Paramedic presentation  
*with snacks*  
*For ages 12-25*  
3:00 pm - 5:00 pm



**15**

Movie Night: Eras Tour!  
Dinner and bracelet  
making  
*For ages 12-17*

4:00 pm - 7:00 pm

**16**

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

DIY zen gardens  
with Anne  
*For ages 12-17*  
4:00 pm - 5:30 pm



**18**

**CLOSED**  
for Victoria Day  
weekend

## 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!**

**NEW!**

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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20

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for Victoria Day



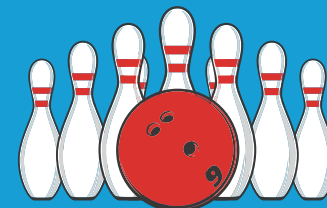
21

Jam branding with  
Mike from the TEDC  
For ages 12-17  
3:00 pm - 5:00 pm

22

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

Meet @ Hub HQ by 4:00 pm  
to walk together



23

2SLGBTQIA+ group:  
Board game café  
For ages 18-25  
2:30 pm - 4:00 pm

Thriftng for youth in need  
PROM attire included  
For ages 12-25  
4:00 pm - 5:00 pm

2SLGBTQIA+ group:  
Board game Café  
For ages 12-17  
4:00 pm - 5:30 pm

25

@ Archie Dillon Sportsplex  
1:00 pm - 3:45 pm  
For ages 12-25

Swimming  
Lunch

\*Bring a bathing suit, towel and a  
water bottle



27

Teachings with Métis  
Nation of Ontaio  
For ages 12-25  
3:00 pm - 5:00 pm

28

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

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



29

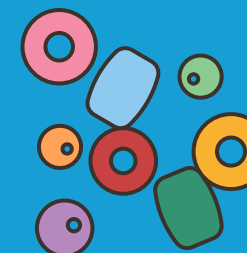
Meet the team  
and pizza!  
For ages 12-25  
4:00 pm - 6:00 pm

Effective Communication  
for Connection  
with Clarity Counselling  
Services

For parents or guardians  
of youth ages 12-25  
6:00 pm - 7:30 pm

30

Beading activity  
with Misiway  
For ages 12-25  
3:00 pm - 5:00 pm



June 01

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

Picnic at Hollinger Park  
Meet at Hub HQ!

\*Bring a water bottle

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