



**youth
wellness
hubs**
ONTARIO

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

NOVEMBER 2022 *Updated

Hub Headquarters: 45 Spruce St S, Timmins, ON

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hub HQ Hours: 10 am - 6 pm	Hub HQ Hours: 10 am - 6 pm	Hub HQ Hours: 12 pm - 6 pm	Hub HQ Hours: 10 am - 6 pm		
OCT 31	NOV 1 Drop in time (10:30-12:30) Tea and Talk (1-3pm)	2 Hub @ O'Gorman Intermediate (4:30-8pm)	3 Drop in time (10:30-12:30) Fall Cooking Workshop (4-5:30pm)	4 CLOSED	5 Hub Headquarters (12-4pm)
7 Drop in time (10:30-12:30) Maker Space Monday (1-3pm, 4-5:30pm)	8 Drop in time (10:30-12:30) Tea and Talk (1-3pm) Pool Tournament (4-5:30pm)	9 Drop in time (3:00-5:30pm)	10 Drop in time and counselling support (10:30-12:30) DIY Affirmation Decks (1-3pm, 4-5:30pm)	11 CLOSED	12 Hub Headquarters (12-4pm)
14 Drop in time and counselling support (10:30-12:30)	15 Hub HQ Official Opening (5-7pm)	16 Drop in time (3:00-5:30pm)	17 Drop in time and counselling support (10:30-12:30) Study Snack cooking class and study session (1-3pm, 4-5:30pm)	18 CLOSED	19 Hub Headquarters (12-4pm)
21 Drop in time (10:30-12:30) Mindful Movement Monday (1-3pm, 4-5:30pm)	22 Drop in time (10:30-12:30) Tea and Talk (1-3pm) PJ Movie Night (4-5:30pm)	23 Drop in time (3:00-5:30pm)	24 Drop in time and counselling support (10:30-12:30) Just Dance Competition (1-3pm) Baking workshop (4-5:30pm)	25 CLOSED	26 Hub Headquarters (12-4pm)
28 Drop in time (10:30-12:30) Music Monday (1-3pm, 4-5:30pm)	29 Drop in time (10:30-12:30) Tea and Talk (1-3pm) 2SLGBTQ+ Support Group (4-6pm)	30 Drop in time (3:00-5:30pm)	DEC 1 Drop in time (10:30-12:30) DIY Pronoun buttons (1-3pm, 4-5:30pm)	2 CLOSED	3 Hub Headquarters (12-4pm)

Primary Care
 Counselling Support
 Community & Social Support
 Skills & Wellbeing Activities
 Peer Support
 Indigenous Programming
 Rotational Hub
 Gymnasium
 Walking School Bus
 2SLGBTQ+ Activity

Free for all youth aged 12-25.
Snacks/food available at all activities!



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