



**youth  
wellness  
hubs**  
ONTARIO

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

# SEPTEMBER 2023

☎ 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

4

**CLOSED**



5

**Cricut Customization  
Workshop**

(bring item to customize)  
For ages 18-25

1:00 pm - 3:00 pm

**Cricut Customization  
Workshop**

(bring item to customize)  
For ages 12-17

4:00 pm - 5:30 pm

6

Join us at the  
**Welcome to Timmins  
Night!**

@ the McIntyre  
6:00 pm - 8:00 pm



7

**Board Game Café**

For ages 18-25

1:00 pm - 3:00 pm

**Bring Your Own Book  
Club**

For ages 12-17

4:00 pm - 5:30 pm

9

@ O'Gorman High School

For ages 12-25

12:00 pm - 4:00 pm

Open Gym

Trivia

Board Games!

Lunch

\*Bring indoor shoes  
and a water bottle!



## Hub Services & Supports

- Peer Support
- Care Coordination
- Hub Counsellor
- Single Session  
Counselling
- Housing Support
- Educational  
Support
- Community  
Supports
- Homework Help

**Always available!**

11

**Beading with Roxy  
from TNFC**

For ages 18-25

1:00 pm - 3:00 pm

**Beading with Roxy  
from TNFC**

For ages 12-18

4:00 pm - 5:30 pm

12

**Guided Painting  
Session**

For ages 18-25

1:00 pm - 3:00 pm

**Thrifting for youth in need**

For ages 12-25

4:00 pm - 5:00 pm

**Art Workshop**

For ages 12-17

4:00 pm - 5:30 pm



13

**Bowling and Pizza  
night**

For ages 12-25

3:30 pm to 7:30pm

Meet @ Hub HQ

14

**Cooking Workshop**

Ages 18-25

1:00 pm - 3:00 pm

**Cooking Workshop**

Ages 12-17

4:00 pm - 5:30 pm



16

@ Hub HQ

For ages 12-17

12:00 pm - 4:00 pm

Nature Walk

Kindness Rocks

Board Games

Lunch

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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**18**  
Teachings with Nathan  
from TNFC  
For ages 18-25  
1:00 pm - 3:00 pm



Teachings with Nathan  
from TNFC  
For ages 12-17  
4:00 pm - 5:30 pm

**19**  
Improv with Erik  
For ages 18-25  
1:00 pm - 3:00 pm

Improv with Erik  
For ages 12-17  
4:00 pm - 5:30 pm

**20**  
High School Musical  
Movie Night and  
themed dinner  
For ages 12-25  
3:30 pm - 6:30 pm



**21**  
2SLGBTQIA+ Support  
Group  
For ages 18-25  
1:00 pm - 3:00 pm  
2SLGBTQIA+ Support  
Group  
For ages 12-17  
4:00 pm - 5:30 pm

**23**  
@ Hub HQ  
For ages 12-25  
12:00 pm - 4:00 pm

Self Care Day!  
Lunch



**25**  
Resume Building  
Workshop  
For ages 18-25  
1:00 pm - 3:00 pm

Medicine Wheel Bracelet  
Making with Misiway  
For ages 12-17  
4:00 pm - 5:30 pm

**26**  
Mindful Movement with  
Catharine  
For ages 18-25  
1:00 pm - 3:00 pm



Mindful Movement with  
Catharine  
For ages 12-17  
4:00 pm - 5:30 pm

**27**  
@ O'Gorman High  
For ages 12-25  
4:30pm - 8:00 pm

DIY fidget toys  
Gym  
Board Games!

\*Bring indoor shoes and  
a water bottle!

**28**  
Baking Workshop  
For ages 18-25  
1:00 pm - 3:00 pm

Lisa's Sweet Treats:  
Waffles on a Stick  
For ages 12-17  
4:00 pm - 5:30 pm



**30**  
@ Hub HQ  
For ages 12-17  
12:00 pm - 4:00 pm

Cooking Workshop  
Lunch  
Board Games with Gary

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