



**youth
wellness
hubs**
ONTARIO

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

JANUARY 2024

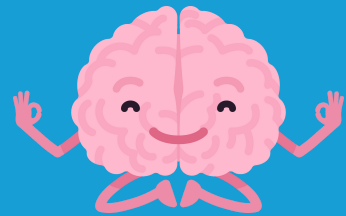
☎ 705-268-0400

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**

08

**Coping Skills Toolkit
with Kelsey from CMHA**
For ages 12-25
3:00pm-5:00pm



09

Self-guided activities
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

**Tea & Talk with Pups in
style**
For ages 12-17
4:00 pm - 5:30 pm

10

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

Gym
Board games
Supper
Pictionary

**Bring indoor shoes and a water
bottle*



11

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

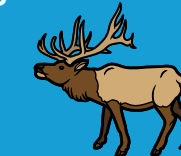
Cooking workshop
For ages 12-17
4:00 pm - 5:30 pm

13

@ Cedar Meadows
12:00 pm - 4:00 pm
For ages 12-25

Nature tour
Lunch
Board games

**Wear warm winter clothing and
bring 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!

15

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

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

16

**Sewing workshop with
Daphne**
For ages 18-25
1:00 pm - 3:00 pm

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



17

@ Roland Michener
For ages 12-25
4:00 pm - 8:00 pm

Minute to win it
Board games
Gym
Supper

**Bring indoor shoes and a water
bottle*

18

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

**Art workshop with
Monica: watercolor
geodes**
For ages 12-17
4:00 pm - 5:30 pm



20

CLOSED

**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 Self guided activities

For ages 18-25

1:00 pm - 3:00 pm

Drop in time

For ages 12-17

4:00 pm - 5:30 pm

Sending Sunshine meeting

For ages 12-17

5:00 pm - 5:45 pm



23

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

24 @ Ross Beattie

For ages 12-25

4:30 pm - 8:00 pm

Gym
Board games
Supper
Trivia

**Bring indoor shoes and a water bottle*



25

Bullet Journaling
Workshop with the
Timmins Public Library

For ages 12-25

4:00 pm - 5:30 pm

**Meet at Hub HQ*

27

@ Hub HQ

12:00 pm - 5:00 pm

For ages 12-25

Hub Winter Carnival

**Wear warm winter clothing*



29

Self guided activities

For ages 18-25

1:00 pm - 3:00 pm

Tie-dye with Jessica from
Métis Nation of Ontario

For ages 12-17

4:00 pm - 5:30 pm

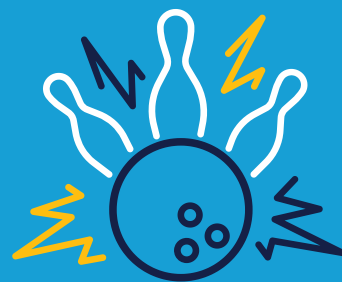
30

Bowling

For ages 12-25

3:30 pm - 6:30 pm

**Meet at Hub HQ*



31

@ O'Gorman High

For ages 12-25

4:00 pm - 8:00 pm

Gym
Board games
Supper
Cup stacking competition

**Bring indoor shoes and a water bottle*

Feb 01

Tea and trivia with
Wendy from the PHU

For ages 12-25

3:00 pm - 5:00 pm

**Meet at Hub HQ*



03

@ Hub HQ

12:00 pm - 4:00 pm

For ages 12-17

Cozy movie day

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- Educational Support
- Community Supports
- Homework Help

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