



**youth
wellness
hubs**
ONTARIO

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

MAY 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

05 Monday

Coffee social at Ciao
Meet @ Hub HQ
For ages 18-25
2:00 pm - 3:00 pm

Drop-in time and dinner
& College Boréal
Presentation
For ages 12-25
4:00 pm - 5:30 pm

06 Tuesday

Timbit Tea and Talk:
Grocery Card Giveaway!
For ages 18-25
1:00 pm - 3:00 pm



Timbit Tea and Talk:
Tim Hortons card giveaway!
For ages 12-17
4:00 pm - 5:30 pm

07 Wednesday

Movie Night and Pizza!
For ages 12-25
3:30 pm - 6:30 pm

08 Thursday

Mother's Day Activity
For ages 12-25
3:00 pm - 5:00 pm



10 Saturday

Meet @ Hub HQ
For ages 12-17
9:15 am - 1:00 pm

Community Cleanup
with DIY Health
& Lunch

**Volunteer hours available*

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!**

12 Monday

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



Drop-in Time
For ages 12-17
4:00 pm - 5:30 pm

13 Tuesday

Thrifting for youth in need
For ages 12-25
4:00 pm - 5:00 pm

Drop-in time
For ages 12-17
4:00 pm - 5:30 pm

14 Wednesday

Gymnastics class!
For ages 12-17
6:00 pm - 8:00 pm

Meet at Hub HQ
for 6:00 pm

**Bring a water bottle
Signed waivers are required



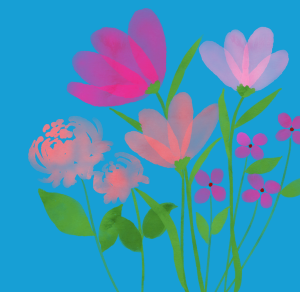
15 Thursday

Timmins Fitness
Alternatives
For ages 12-17
5:00 pm - 7:30 pm

Meet at Hub HQ for 4:45 PM
Signed waivers are required
**Bring a water bottle*

17 Saturday

CLOSED
for May Long Weekend



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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19 Monday

CLOSED
for Victoria Day

20 Tuesday

NeuroSkills with SABIC
For ages 12-25
3:00 pm - 5:00 pm



21 Wednesday

Pizza and Trivia Night
with Prizes!
For ages 12-25
4:00 pm - 6:00 pm

22 Thursday

Birdhouse Painting
with Misiway
For ages 12-25
3:00 pm - 5:00 pm



24 Saturday

@ O'Gorman High School
For ages 12-25
12:00 pm - 3:45 pm

Open Gym
Board Games
Pictionary
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
- Primary Care: Sexual Health Clinic

Always available!

26 Monday

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

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



27 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

28 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



29 Thursday

2SLGBTQIA+ Group:
Pride Kickoff Party
For ages 12-25
3:00 pm - 5:00 pm

31 Saturday

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

Tech Day
Lunch



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