

HUB HOURS:

10:30am-6:00pm MON-FRI
Unit 321-9401 Jane St,

MAPLE ON L6A 4H9
Phone: 905-503-4696
IG @ywho.maple

WELLNESS YOUR WAY

- Mental Health & Substance Use Services
- Peer Support
- Care Navigation
- Employment
- Housing

FREE

THIS MONTH:

We observe Canada's 30th Black History Month: [Honouring Black Brilliance Across Generations](#). We celebrate Lunar New Year (FEB 17), 2026: Year of the Horse. February also features Valentine's Day (FEB 14) and Family Day (FEB 16).

FEBRUARY

FREE PROGRAM OFFERINGS | AGES 12 - 25

SIGN UP
NOW:
>>>



Mon



2

CRAFT CORNER:
FRIENDSHIP BRACELET
MAKING

WELLNESS YOUR WAY

- Mental Health & Substance Use Services
- Peer Support
- Care Navigation
- Employment
- Housing

Tues

GRILLED CHEESE &
CHAT
4:00-5:00PM



3

NATIONAL PIZZA DAY!
GRAB A SLICE 4:00PM
CRAFT CORNER:
JUNK JOURNALING

9

GRILLED CHEESE & CHAT
4:00-5:00PM
CAREER CAFE WITH
CMHA-YR
11AM-1PM

10

16

WE ARE
CLOSED
FAMILY DAY

YEAR OF THE HORSE:
CREATIVE WRITING + COLOURING
GRILLED CHEESE & CHAT
4:00-5:00PM
PANCAKE TUESDAY 10:30AM-1:30PM

23

CRAFT CORNER:
MAKING ZINES

GRILLED CHEESE & CHAT
4:00-5:00PM
2S LGBTQIA+
DROP-IN
4-5:30PM

Wed

STRESS RELIEF YOGA
6 SPOTS AVAILABLE
SIGN UP 4:30 PM



4

GRILLED CHEESE & CHAT
4:00-5:00PM

11

STRESS RELIEF YOGA
6 SPOTS AVAILABLE
SIGN UP 4:30 PM



17

STRESS RELIEF YOGA
6 SPOTS AVAILABLE
SIGN UP 4:30 PM



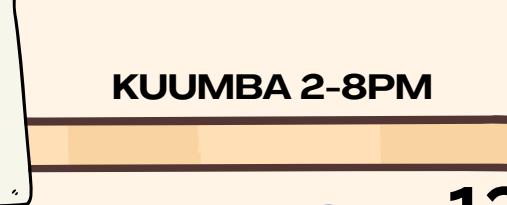
24

STRESS RELIEF YOGA
6 SPOTS AVAILABLE
SIGN UP 4:30 PM



Thurs

VOLUNTEER HOURS
SIGN-UP 3:30-5:30PM
CARD MAKING

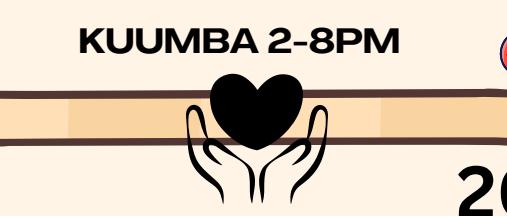


5

12

PAL-LENTINES DAY
BAKING EVENT!
SWEET TREATS & CRAFT
SIGN UP
3:30-5:30PM
KUUMBA 2-8PM

VOLUNTEER HOURS
SIGN UP 3:30-5:30PM
CARD MAKING



18

25

SELF-CARE EVENT
WITH MÉTIS NATION
ONTARIO
10:30AM-2:00PM
KUUMBA 2-8PM



KUUMBA 2-8PM

KUUMBA 2-8PM

19

KUUMBA 2-8PM

KUUMBA 2-8PM



Fri

BLACK HISTORY
MONTH EVENT:
MOVIE WATCH
PARTY, VOTE FOR
YOUR FAVE!
3:30-5:30PM

ROM-COM
MOVIE NIGHT: TO ALL
THE BOYS I'VE LOVED
3:30-5:30PM

BLACK HISTORY
MONTH EVENT:
3:30-5:30PM
MOVIE WATCH PARTY,
VOTE FOR YOUR FAVE

NINTENDO SPORTS
TOURNAMENT:
4-5:30PM



6

13

20

27

Phone: 905-503-4649

IG: @ywho.maple

FEBRUARY

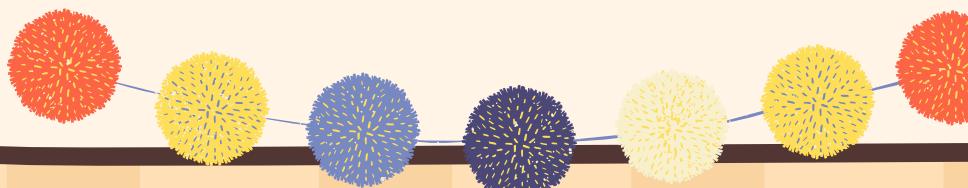
FREE PROGRAM OFFERINGS | AGES 12 - 25

SIGN UP
NOW:



MON: CRAFT CORNER

JOIN US EVERY MONDAY THIS MONTH
FOR A NEW CRAFT:
FRIENDSHIP BRACELETS, CANDY GRAMS,
AND ZINES
ALL MATERIALS PROVIDED!



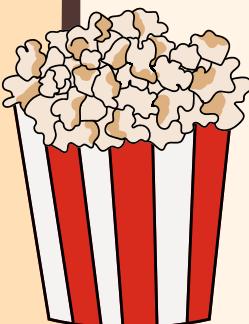
WATCH PARTIES & SNACKS:

JOIN US FOR BLACK HISTORY MONTH
MOVIE NIGHTS TO CELEBRATE BLACK
YOUTH & JOY!

FRIDAY FEB 5TH & 20TH

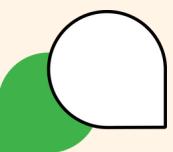
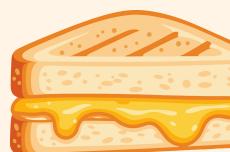
3:30-5:30PM

POPCORN + SNACKS PROVIDED!



TUES: GRILLED CHEESE & CHAT

COME BY FOR A GRILLED CHEESE, STAY
FOR THE CHATS! CONVERSATIONS EACH
TUESDAY AT 4:00PM TO CHECK-IN ABOUT
MENTAL HEALTH, SELF-CARE AND
WELLNESS.



LED BY OUR MENTAL HEALTH CLINICIAN!

WED: STRESS RELIEF YOGA

STRETCH IT OUT WITH US! FOLLOW ALONG
AS WE EXHALE OUR STRESS, AND INHALE
SOME LIGHT MOVEMENT.

WEDNESDAY'S 4-5:00PM
MATS PROVIDED
SIGN UP REQUIRED!



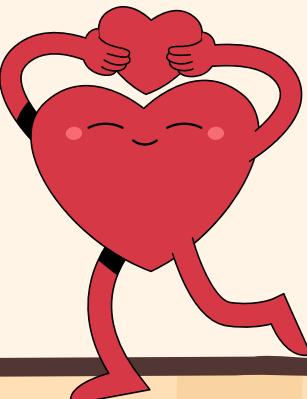
PAL-ENTINE'S EVENT WITH VCHC

LET'S CELEBRATE FRIENDSHIP! JOIN US
FOR SWEET TREATS, MUSIC, GAMES AND
MORE!



THURS FEB 12 3:30-5:30PM

SIGN UP REQUIRED



SELF-CARE EVENT WITH MÉTIS NATION ONTARIO

JOIN US FOR A CONVERSATION OF SELF-
CARE & CHAIR YOGA. WIN A DOOR PRIZE!

THURS FEB 26 10:30AM-2PM



Phone: 905-503-4649

IG: @ywho.maple

FEBRUARY

FREE PROGRAM OFFERINGS | AGES 12 - 25

SIGN UP
NOW:




VOLUNTEER HOURS

WE'RE MAKING CARDS TO SEND TO ISOLATED SENIORS ACROSS CANADA. LIMITED SPOTS AVAILABLE, SIGN UP TO RESERVE YOURS!

THURS FEB 5TH & 19TH

3:30-5:30PM

VOLUNTEERS CAN RECEIVE UP TO 2 HOURS PER SESSION THEY ATTEND.



THURS: KUUMBA KUUMBA

FREE counselling & therapy support for Black-identifying children, youth (12-25). Sessions are offered virtually or in-person with Black-identifying therapists who create a safe and culturally affirming space. SIGN UP BELOW! Available every Thursday 2-8PM.



SIGN UP



york hills
Centre for Children, Youth and Families

LUNAR NEW YEAR

ON FEBRUARY 17TH WE CELEBRATE LUNAR NEW YEAR. THIS YEAR, 2026, IS YEAR OF THE HORSE. DROP BY FOR SOME CREATIVE WRITING AND COLOURING!



CAREER CAFE WITH CMHA-YR

NEED HELP FINDING A JOB? DROP BY TO CHAT WITH ADRIAN AND GET SOME SUPPORT WITH YOUR JOB SEARCH, INTERVIEW PREP AND MORE!

TUES FEB 10 11AM-1PM



DROP BY TO MEET WITH OUR WELLNESS TEAM:

INTAKE: INTRODUCE THE HUB & CONNECT TO SERVICES

MENTAL HEALTH CLINICIAN: SUPPORT WITH MENTAL HEALTH & SUBSTANCE USE

PEER MENTOR: MENTORING WITH GOALS & GROUPS

CARE NAVIGATION: HELP NAVIGATING RESOURCES

100% FREE SERVICES. NO WAITLIST. DROP BY!

2S LGBTQIA+ DROP-IN

PEER SUPPORT, CRAFTS, SNACKS, GAMES, AND MORE!

LED BY A MEMBER OF THE COMMUNITY!

LAST TUESDAY OF EVERY MONTH

AT 4:00PM

