

HUB HOURS:
10:30am-6:00pm MON-FRI
Unit 321-9401 Jane St.
MAPLE ON L6A 4H9
Phone: 905-503-4696
IG @ywho.maple

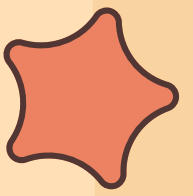
WELLNESS YOUR WAY

- 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



[SIGN UP](#)

[NOW:](#)

[>>>>](#)



FREE PROGRAM OFFERINGS | AGES 12 - 25




Mon



2

CRAFT CORNER:
FRIENDSHIP BRACELET MAKING



9

NATIONAL PIZZA DAY!
GRAB A SLICE 4:00PM

CRAFT CORNER:
JUNK JOURNALING



16

WE ARE CLOSED

FAMILY DAY





23

CRAFT CORNER:
MAKING ZINES

Tues

GRILLED CHEESE & CHAT

3

4:00-5:00PM



10

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


CAREER CAFE WITH
CMHA-YR
11AM-1PM

17

YEAR OF THE HORSE:
CREATIVE WRITING + COLOURING

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

PANCAKE TUESDAY 10:30AM-1:30PM



GRILLED CHEESE & CHAT

24

4:00-5:00PM

2S LGBTQIA+
DROP-IN
4-5:30PM



Wed

STRESS RELIEF YOGA

4

6 SPOTS AVAILABLE
SIGN UP 4:30 PM



11

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



18

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






25

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

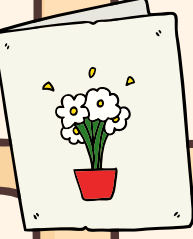
Thurs

VOLUNTEER HOURS

5

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

KUUMBA 2-8PM



12


PAL-LENTINES DAY
BAKING EVENT!

SWEET TREATS & CRAFT
SIGN UP
3:30-5:30PM
KUUMBA 2-8PM

19

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

KUUMBA 2-8PM





26

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

Fri

BLACK HISTORY MONTH EVENT:
MOVIE WATCH PARTY, VOTE FOR YOUR FAVE!

6

3:30-5:30PM






13

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



20

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



27

NINTENDO SPORTS TOURNAMENT:
4-5:30PM




FEBRUARY

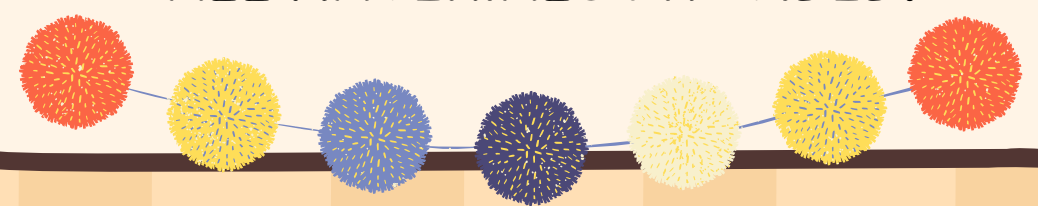
[SIGN UP
NOW:](#)
[>>>](#)



FREE PROGRAM OFFERINGS | AGES 12 - 25

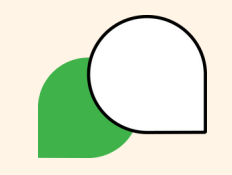
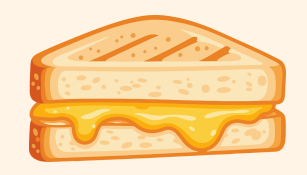
MON: CRAFT CORNER

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



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!



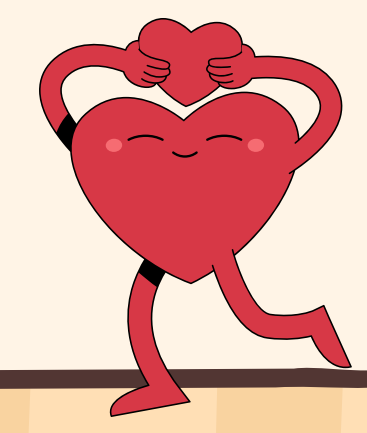
PAL-ENTINE'S EVENT WITH VCHC

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



THURS FEB 12 3:30-5:30PM

SIGN UP REQUIRED

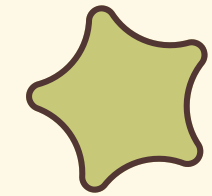


SELF-CARE EVENT WITH MÉTIS NATION ONTARIO

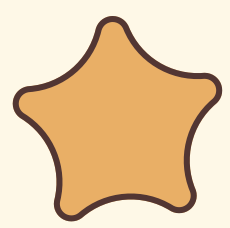
JOIN US FOR A CONVERSATION OF SELF-
CARE & CHAIR YOGA. WIN A DOOR PRZE!

THURS FEB 26 10:30AM-2PM





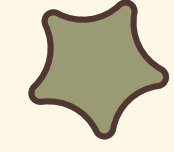
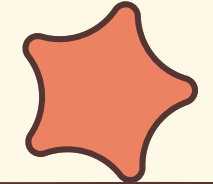
FEBRUARY



[SIGN UP](#)
[NOW:](#)
[>>>](#)



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FREE PROGRAM OFFERINGS | AGES 12 - 25



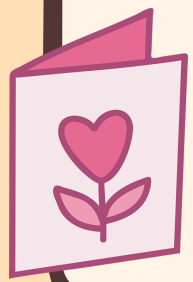
VOLUNTEER HOURS

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

THURS FEB 5TH & 19TH

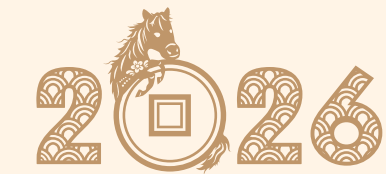
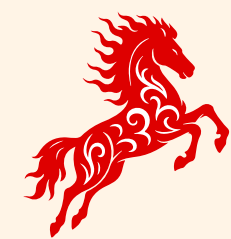
3:30-5:30PM

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



LUNAR NEW YEAR

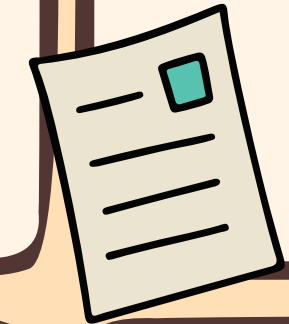
ON FEBRUARY 17TH WE CELEBRATE LUNAR NEW YEAR. THIS YEAR, 2026, IS YEAR OF THE HORSE. DROP BY FOR SOME CREATIVE WRITING AND COLOURING!



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



THURS: 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



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

