



JUNE



Free

Reset MONDAY

Creative TUESDAY

Wellness WEDNESDAY

Low-Battery THURSDAY

Functional FRIDAY

Programs and Services for

AGES 12 - 25

MONDAY - FRIDAY

10:30am - 6:00pm

- Drop-In Counselling with Mental Health Clinician
- Peer Support/Navigation
- Employment & Housing Supports
- Educational Supports
- Social & Recreational Programming

Mental Health Clinician available by appointment only on Thursday's

CONTACT US

C: (905) 503-4946

gratnasingam@yorkhills.ca

IG: @ywho.maple

1 *Game Night*
Boardgames & Videogames
3pm - 5:30pm

2 *Canvas of Identity*
Paint and Sip
4pm - 5:15pm
Registration required

3 *Self-Care Scavenger*
Hunt
3pm - 5pm
Registration required

4 *Beats & Billiards*
3pm - 5pm 

5 *Youth Stress & Emotional*
Wellness Workshop
4pm - 5:30pm

8 *Game Night*
Boardgames & Videogames
3pm - 5:30pm

9 *Air Dry Clay & Chill*
3pm - 5pm
Registration required

10 *De-stress & Brain*
Dump
11:30pm - 1pm

11 *Beats & Billiards*
3pm - 5pm 

12 *Grow With the Flow*
11:30am - 1:30pm
4pm-5pm

15 *Game Night*
Boardgames & Videogames
3pm - 5:30pm

16 **CHANGE IN HUB HOURS**
Today only
9am - 4:30pm

17 *DIY Slime*
4pm - 5pm

18 *Beats & Billiards*
3pm - 5pm

19 *Summer Smoothies*
3pm - 5pm
Registration required

22 *Game Night*
Boardgames & Videogames
3pm - 5:30pm

23 *Paint & Chill*
4pm - 5pm

24 *Take a Break & Stretch*
12pm - 1pm

25 *Beats & Billiards*
3pm - 5pm 

26 *Self-Care Vision Boards*
3pm - 5pm
Registration required

29 *Game Night*
Boardgames & Videogames
3pm - 5:30pm

30 *Let's Talk Jobs*
w/ an Employment Specialist
11am - 1pm



KUUMBA
Rapid Access Counselling
SIGN-UP:
BIT.LY/KUUMBARAPIDACCESS

