



**youth
wellness
hubs**

Brampton

ONTARIO



April

2025



WELLNESS YOUR WAY!

Support includes:

- Mental Health & Substance Use Services
- Care Navigation
- Peer Support
- Community & Social Support Services

For more info:
ywho@peelcas.org

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	= Registration Required	1 Pathways to Peace 4-5:30pm	2 Youth ADVISORY 5-6:30pm Drop-In: 1-5pm	3 BRAIDS & BUSINESS 5 - 7PM Drop-In: 1-5pm	4 Drop-In: 1-7pm Basketball Open Gym - 3-6:30pm	
	7 Harmony in Community Music Program 4pm - 7pm	8 Pathways to Peace 4-5:30pm	9 Drop-In: 1-7pm	10 BRAIDS & BUSINESS 5 - 7PM No Drop in	11 Closed - Have a great weekend!	
	14 Harmony in Community Music Program 4pm - 7pm	15 Drop-In: 1-7pm Drop-In: 1-5pm	16 Cosmetic Science 5-7PM	17 BRAIDS & BUSINESS 5 - 7PM Drop-In: 1-5pm	18 Good Friday Closed	
	21 Happy Easter Closed	22 EARTH DAY Party 5-7:00pm	23 Cosmetic Science 5-7PM Drop-In: 1-5pm	24 BRAIDS & BUSINESS 5 - 7PM Drop-In: 1-5pm	25 Drop-In: 1-7pm Basketball Open Gym - 3-6:30pm	
	28 Harmony in Community Music Program 4pm - 7pm	29 Drop-In: 1-7pm	30 Cosmetic Science 5-7PM Drop-In: 1-5pm	YIT Housing Worker 2-5pm April 10 - Life Skills April 24 - Budgeting Basics Drop in!	Drop-In: Monday - Friday 1:00-5:00pm* Unless otherwise stated.	

Location: Peel CAS - 25 Capston Dr., Mississauga, ON - Lower Level