



youth  
wellness  
hubs

ONTARIO

Brampton



# December 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>WELLNESS YOUR WAY!</b>  Support includes:  <ul style="list-style-type: none"> <li>Mental Health &amp; Substance Use Services</li> <li>Care Navigation</li> <li>Peer Support</li> <li>Community &amp; Social Support Services</li> </ul> For more info: <a href="mailto:ywho@peelcas.org">ywho@peelcas.org</a>  <b>Drop-In:</b> <b>Monday - Friday</b> <b>1:00-7:00pm*</b> Unless otherwise stated.	<b>1</b>  <b>"Let's be Blunt"</b> Substance info YMCA 5:00 - 6:30	<b>2</b>  CLOSED	<b>3</b>  4:30 - 6:30 pm	<b>4</b>  Cricut Holiday Card Making 4:30 - 6:30	<b>5</b>  Open Gym - 1:00pm - 6:30pm	<b>So Much to Honor in December:</b> 3 <sup>rd</sup> - International Day of persons with Disabilities 6 <sup>th</sup> - Day of remembrance and action for Violence Against Women 10 <sup>th</sup> - Human Rights Day 13 <sup>th</sup> - Islam - Imam Aga Khan Birthday 14 <sup>th</sup> - 22 <sup>nd</sup> - Chanukah 21 <sup>st</sup> - Yule 25 <sup>th</sup> - Christmas 26 <sup>th</sup> - Jan. 1 <sup>st</sup> - Kwanza 31 <sup>st</sup> - New Year's
	<b>8</b>  <b>"Stronger than stress"</b> Substance Chat with YMCA 5:00 - 6:30	<b>9</b>  GLOW UP SERIES 4:00-5:30pm	<b>10</b>  Make your own sugar body scrub. 4:30-6pm	<b>11</b>  YIT Housing Worker 2-5pm	<b>12</b>  Open Gym - 1:00pm - 6:30pm	
	<b>15</b> <b>Holiday Crafts</b>  with Métis Nation of Ontario 4:30 - 6:00pm	<b>16</b>  No bake Holiday Cookies 4:30 - 6:30	<b>17</b>  4:30 - 6:30 pm	<b>18</b>  COLOUR YOUR JOURNEY 5:00 - 6:30 with Roots	<b>19</b>  Open Gym - 1:00pm - 6:30pm	
	<b>22</b>  with nCourage a safe place to share	<b>23</b>  <b>UGLY SWEATER party</b> 1pm - 5pm	<b>24</b>  Closed at 3:00	<b>25</b>  Closed	<b>26</b>  Closed	
	<b>29</b>  Hot Chocolate, Desserts, Music and Conversation 3:00 - 5:00	<b>30</b>  Crash out 2025 and get ready for 2026 1 - 3pm	<b>31</b>  Closed at 3:00	<b>Homework Help Every Monday</b> <b>4:30 - 6:00</b>	 <b>*Special Drop in Hours</b> <b>Dec. 22 - 30</b> <b>11am - 6:00pm</b>	
					<b>VFA:YAB</b> <b>Holiday Gathering</b> <b>Dec. 3<sup>rd</sup></b> <b>3:00 - 9:00 pm</b>	





# December 2025

## Program Descriptions



### Holiday Crafts

**December 15 4:30 - 6:30**

Join Métis Family Wellbeing Program in making Holiday Crafts, and talking about what the holidays mean to you. **SNACKS** will be provided. This activity is for ages 12 - 18.

### Holiday Cards

**Dec. 11 4:30 - 6:30**

Come learn how to make cards with our Cricut Maker Machine! Supplies Provided

INTRODUCING OUR NEW

**REGISTRATION**

**WEBSITE**



Visit [wellnxtlink.peelcas.org](https://wellnxtlink.peelcas.org) to see all our programs and let us know you will be coming!!

### Substance Chat with the YMCA

**5:00 - 6:30pm December 1 & 8**

Join a YMCA substance use worker on December 1 to learn more about alcohol and drugs. What are they, what are their effects and how to stay safe. On December 8<sup>th</sup> let's talk about stress and how to manage your stress with less reliance on substances.



Come in and DIY your own self-care items. All supplies provided.

**Dec. 10 - Sugar Body Scrub**

**4:30 - 6:00 pm**

### Homework Help

Every Monday from 4:30 - 6:00  
Join us for homework help.  
Need ideas for an essay?  
Need your work edited?  
Need help with math?  
We got you!

### Colour Your Journey

Join Roots Community Services for a guided colouring session. Positive affirmation colouring books, pencil crayons and snacks will be provided.  
**Dec. 18 - 5:00 - 6:30 pm**



### Glow Up Series - December 9

This makeup series gives everyone a chance to learn and develop their makeup skills. Come hang out for this session which will focus on everything you need to know about SKIN CARE! Supplies will be provided!!

