



youth  
wellness  
hubs

Brampton

ONTARIO



# August 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<div><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>  Drop-In: Monday - Friday 11:00am-6:00pm* Unless otherwise stated.</div>					1 Open Gym - 12 - 5:30pm Open Mic Live! 2-4pm	D N E K E E W  HAVE A SAFE AND HAPPY
	4 HAPPY Civic Holiday CLOSED	5 SELF GUIDED SOCIAL 1-2:30pm The Gathering 1-3pm	6 Community Garden 11am-1pm Safer Summer with PAARC 2:30 - 4:00pm	7 Let's TALK Social Media 1-2:30pm YIT Housing Worker 2-5pm	8 Open Gym - 12 - 5:30pm CRAFT: Make a Flower Pen 1-3pm	
	11 Active Groove w/ Indus @ 1-2:30pm JEOPARDY! with nCourage 3:00pm - 4:00pm	12 LET'S PLAY 1- 2:30PM The Gathering 1-3pm	13 Shrinky Dinks 1 - 2:30pm Voice For All Meeting 4:00pm - 5:30pm	14 Photo Voice Workshop 12-1pm Let's TALK Boundaries 1-2:30pm Cricut Maker 3 - 5:30pm	15 Youth Fest!!	
	18 Active Groove w/ Indus @ 1-2:30pm ZINES with nCourage 3:00pm - 4:00pm	19 SELF GUIDED SOCIAL 1-2:30pm The Gathering 1-3pm	20 Community Garden 11am-1pm Safer Summer with PAARC 2:30 - 4:00pm	21 Photo Voice Workshop 12-1pm Let's TALK Burnout 1-2:30pm YIT Housing Worker 2-5pm	22 Open Gym - 12 - 5:30pm Open Mic Live! 2-4pm	
	25 Active Groove w/ Indus @ 1-2:30pm Nacho Noon!!!	26 Kahoot! Let's Play 1 - 2:30PM Colour and Chill 3 - 4:30	27 Blockus Tournament 1-3pm Voice For All Meeting 4:00pm - 5:30pm	28 Photo Voice Workshop 12-1pm Let's TALK School Stress 1-2:30pm LET'S PLAY 3 - 4:30PM	29 Open Gym - 12 - 5:30pm	





# August 2025

## Program Descriptions

### Safer Summer with PAARC Starting Wed. July 23 2:30 - 4:00pm

Join PAARC for 5 engaging sessions, every other Wednesday from July 23 - September 17 to learn more about keeping your summer a little safer. Topics include things like safer partying, substance awareness and goal setting/planning.

Session dates: July 23, August 6, August 20, September 3 and September 17



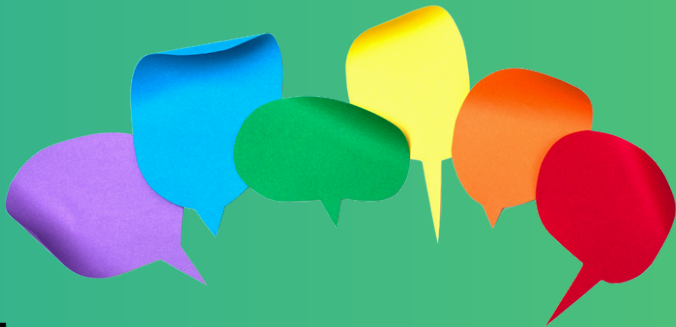
### Photo Voice Workshop Thursday's August 14, 21 & 28 12:00 - 1:00pm

Show us your voice through photography! In this series, you will learn how to use the camera and how to edit your photos so they say exactly what you want them to say!

**The Gathering: A Group for Black 2SLGBTQ+ Youth and Allies (Ages 12–29)**  
This is a empowering program for Black 2SLGBTQ+ youth to connect, heal, and thrive. We offer peer support groups, one-on-one counseling, fun events, and access to resources—all in a safe, affirming space.

### Featured Workshops:

- Queer Art – Get creative and express your story.
- LGBTQ+ 101 – Learn the basics of identity, language, and allyship.
- Trans 101 & Gender Identity – Explore gender diversity in a supportive space.
- Coming Out Stories & Guided Conversations – Share, listen, and build community.

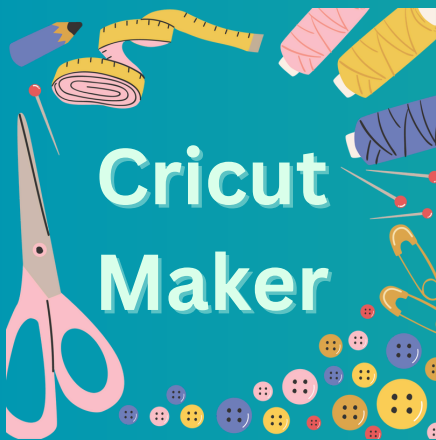


### Youth Fest: Friday, August 15 12:00 - 3:30pm

Games, Karoke, Basketball shoot out, BBQ Lunch, ice cream truck, painting station & Youth vs staff Soccer Game



REGISTER FOR FOOD!!!



Learn how to use the Cricut maker and create  
Thursday August 14



### Active Groove



Join our facilitators from Indus as we move our bodies and flex our minds! Sessions include Zumba, Yoga and so much more

### Open Mic Live

Take the mic! Sing, spoken word, poetry, reading, whatever you want to say!



Let's get real. Spill the tea and talk about what matters to you!