



youth
wellness
hubs

ONTARIO

Brampton



September 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WELLNESS YOUR WAY! Support includes: <ul style="list-style-type: none"> Mental Health & Substance Use Services Care Navigation Peer Support Community & Social Support Services For more info: ywho@peelcas.org Drop-In: Monday - Friday 1:00-7:00pm* Unless otherwise stated.	1 — HAPPY — LABOR DAY 	2 FIRST DAY VIBES	3 Safer Summer with PAARC 2:30 - 4:00pm Community Garden 4:30 - 6:00pm 	4 YIT Housing Worker 2-5pm 	5 Open Gym - 1:00pm - 6:30pm	
	8 <i>let's play</i> Game Night 4:00 - 6:30pm	9 4 - 5:30PM	10 Reasons to stay art affirmations for 5:00 - 6:30pm World Suicide Prevention Day	11	12 Open Gym - 1:00pm - 6:30pm	
	15 <i>VISION BOARD</i> with Métis Nation of Ontario	16 4 - 5:30PM	17 Safer Summer with PAARC 2:30 - 4:00pm Community Garden 4:30 - 6:00pm 	18 YIT Housing Worker 2-5pm with Soulful COLOURING 5:00 - 6:30	19 Open Gym - 1:00pm - 6:30pm	
	22 <i>SAFE STEPS</i> with nCourage 5:00 - 6:00pm	23 4 - 5:30PM	24 Switch Sports 4 - 6:30pm	25 What does Truth and Reconciliation mean for you? 5:00 - 6:30 pm 	26 Open Gym - 1:00pm - 6:30pm	
	29 Make your own smoothies 	30 YWHO Closed today In honor of National Day for Truth and Reconciliation 				



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Program Descriptions



Join Métis Family Wellbeing Program in making your own Vision Board. What is your vision for the future? Create a visual of your goals! Materials and snacks and guidance will be provided. This activity is for ages 12 - 18.

Safer Summer with PAARC

Wed. September 3 & 17

2:30 - 4:00pm

Join PAARC for the continuation of their popular, fun and engaging safer summer program! Topics include substance awareness and Boundary/goal setting.

September 3 and September 17

Building Safer Communities with Indus

Join our friends from Indus community services in fun and engaging activities that will build resilience and help keep you safe. Activities include Art, crafts, games etc. Snack and prizes to be won!!

Tuesday's Sept. 9, 16 & 23 - 4:00 - 5:30 pm



Let's get real. Spill the tea and talk about what matters to you! While playing games or colouring of course.



Learn a little more about Truth and Reconciliation.

**Thursday September 25
5:00 - 6:30**

Soulful

Colouring

Join Roots Community Services for a guided colouring session. Positive affirmation colouring books, pencil crayons and snacks will be provided.

September 18 5:00 - 6:30 pm

September 10

Let's create some positive affirmation art and bring awareness about suicide and what might help to prevent it.

