



**youth
wellness
hubs**

ONTARIO

Brampton



October 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.	VFA:YAB Oct 8 & 22 5:00 - 6:30pm	= Registration Required	1 <i>let's play</i> Game Night 4:00 - 6:30pm	2 YIT Housing Worker 2-5pm Spill the Tea 5:00 - 6:30pm	3 Open Gym - 1:00pm - 6:30pm	This month we observe: Islamic Heritage German Heritage Latin American Heritage Women's History Month
	6 HALLOWEEN Crafts with Métis Nation of Ontario 4:30 - 6:00pm	7 Cricut Maker Night 4:30-6:00pm	8 SELF CARE PROJECT Make your own Bath Bombs 4:30-6pm	9 Volunteer Button Making for Event 4:00 - 6:00pm	10 WORLD MENTAL HEALTH DAY PD DAY Open Gym - 1:00pm - 6:30pm	October 11 INTERNATIONAL DAY OF THE GIRL CHILD
	13 <i>Closed</i> Happy Thanksgiving	14 Learn The Route: YWHO to Bramalea City Centre 4:00-7:00pm 	15 HELLO MY NAME IS Level Up Your Social Skills 4:30 - 6:00pm	16 YIT Housing Worker 2-5pm with Roots COLOUR YOUR JOURNEY 5:00 - 6:30	17 Open Gym - 1:00pm - 6:30pm	October 17 END POVERTY INTERNATIONAL DAY for the ERADICATION of POVERTY 17 OCTOBER
	20 HAPPY Diwali SAFE STEPS with nCourage 5:00 - 6:00pm	21 Comedy Movie Night 4:30pm	22 GLOW UP SERIES 4:00-5:30pm Karaoke Party 5:30-6:30pm	23 Job Interview Prep 4:30-6:00pm	24 Open Gym - 1:00pm - 6:30pm	October 20th Happy Diwali
	27 Make your own Pizza 4-5:30pm	28 We Belong 5:30 - 7:30pm	29 SELF CARE PROJECT Self Care Project: Make your own Tea Bags 4:30-6pm	30 YIT Housing Worker 2-5pm Trivia Night Anime Edition - 5:00-6:00pm	31 HAPPY Halloween	October 16th DRESS PURPLE DAY

October 2025

Program Descriptions

H A L L O W E E N

Crafts

Join Métis Family Wellbeing Program in making Halloween Craft and chatting about how to keep yourself safe this season. Materials and snacks and guidance will be provided. This activity is for ages 12 - 18.

Job Interview Prep

October 23 4:30 - 6:30pm

Not sure what to expect from a job interview? Come to this informative and interactive session to learn what expect and practice for your interview!

Job Interview Prep

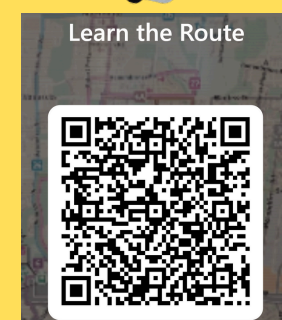


REGISTER NOW

Learn the Route - YWHO to Bramalea City Centre

4:00 - 7:00pm

Join a Peer Support worker to learn all about how to use public transit! Get a tutorial on the routes, information on how to use the bus and how to keep yourself safe on the bus. Take the bus from YWHO to the Bramalea City Center and back with us! Presto Provided



REGISTER NOW

SELF CARE PROJECT

REGISTER NOW



Come in and DIY your own self-care items. All supplies provided.
October 8 - Bath Bombs
October 29 - Tea Bags
4:30 - 6:00 pm



We Belong Group

This group focuses on promoting understanding, acceptance, and advocacy for 2SLGBTQ+ issues, as well as providing a safe space for discussion and social activities.

Last Tuesday of every month
October 28
5:30 - 7:30

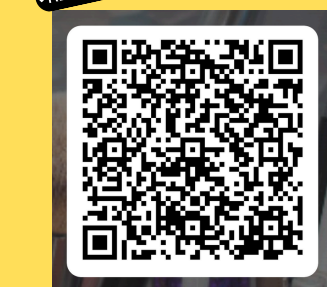
Colour Your Journey

Join Roots Community Services for a guided colouring session. Positive affirmation colouring books, pencil crayons and snacks will be provided.
October 16 - 5:00 - 6:30 pm



Glow Up Series - October 22nd

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



REGISTER NOW