

# APRIL

## RENFREW COUNTY YOUTH WELLNESS HUB

QUESTIONS?  
CALL OR EMAIL US!!



renfrewcountyywho@gmail.com

613-570-8953

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>1. Drop in at the NEW Renfrew space 3PM-6PM Easter Egg Hunt 2PM-3PM</p>	<p>2. Drop in at Pembroke Site for ages 12-17 3PM-6PM Baking 4PM-5PM PLEO 6:30PM-8PM</p>	<p>3. Drop in at the NEW Renfrew space 3PM-6PM Dungeons and Dragons 3:30pm-6pm</p>	<p>4. Drop in at Pembroke Site for ages 18-25 3PM-6PM</p>	<p>5. VIRTUAL SERVICES AVAILABLE BY APPOINTMENT</p>	<p>6.</p>
<p>8. Bowling in Renfrew (must register) 12PM-2PM SOLAR ECLIPSE DO NOT LOOK DIRECTLY IN TO IT</p>	<p>9. Drop in at Pembroke Site for ages 12-17 3PM-6PM</p>	<p>10. Drop in at the NEW Renfrew space 3PM-6PM Dungeons and Dragons 3:30pm-6pm Baking: Chocolate Chip Cookies 4PM-5PM</p>	<p>11. Bob Ross Paint "Night" 3PM-6PM COMMUNITY SERVICES 1PM-3PM</p>	<p>12. SPRING BBQ IN PEMBROKE 3PM-6PM PLEASE REGISTER BY THE 10TH</p>	<p>13.</p>
<p>15. Drop in at the NEW Renfrew space 3PM-6PM</p>	<p>16. Drop in at Pembroke Site for ages 12-17 3PM-6PM PFLAG YOUTH GROUP REGISTER WITH PFLAG</p>	<p>17. COMMUNITY SERVICES 1PM-3PM SUMMER VISION BOARDS AND HIKE (in partnership with BMH) 3PM-5PM</p>	<p>18. Trivia Afternoon 4PM-7PM EMPLOYMENT SERVICES 1PM-3PM</p>	<p>19. VIRTUAL SERVICES AVAILABLE BY APPOINTMENT</p>	<p>20. PIZZA AND CRAFTS WITH THE RENFREW LIBRARY 12PM-2PM AT THE RENFREW HUB (MUST REGISTER)</p>
<p>22. EARTH DAY HIKE 2:45PM-3:45PM &amp; DROP IN 3:45PM-6PM</p>	<p>23. Drop in at Pembroke Site for ages 12-17 3PM-6PM Spring Art 4PM-5PM</p>	<p>24. Drop in at the NEW Renfrew space 3PM-6PM Dungeons and Dragons 3:30pm-6pm PIZZA &amp; YOUTH ADVISORY 3PM-4PM</p>	<p>25. Drop in at Pembroke Site for ages 18-25 3PM-6PM PIZZA &amp; YOUTH ADVISORY 4PM-5PM</p>	<p>26. VIRTUAL SERVICES AVAILABLE BY APPOINTMENT</p>	<p>27.</p>
<p>29. Drop in at the NEW Renfrew space 3PM-6PM</p>	<p>30. Drop in at Pembroke Site for ages 12-17 3PM-6PM</p>			<p>STAY TUNED FOR OUR GRAND OPENING!!! MAY 3RD 4PM-8PM</p>	

**Our Core Services**

- Peer Support
- Care Navigation
- Recreational & Skill Building Activities

**\*Mental Health and Addictions Counselling\***

Drop in times 2:00pm-5:00pm or 10:00am-2:00pm by appointment

**\*Primary Care\***

(call, text or email to book an appointment)

**All Services FREE OF CHARGE**

SNACKS ARE ALWAYS AVAILABLE!! SWING BY FOR SOME YUMMY FOOD  
MONDAY AND WEDNESDAY IN RENFREW 10AM-6PM  
TUESDAY AND THURSDAY IN PEMBROKE 10AM-6PM

**Renfrew Location:**  
1 Ma-Te-way Park Dr  
 MYFM CENTRE

**Pembroke Location:**  
278 Nelson St