

# RENFREW COUNTY YOUTH WELLNESS HUB

# October

HAVE QUESTIONS? WANT TO REGISTER FOR AN EVENT? CALL OR EMAIL US!!

613-570-8953 renfrewcountyywho@gmail.com

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

MONDAY AND WEDNESDAY IN RENFREW  
10AM-6PM  
TUESDAY AND THURSDAY IN PEMBROKE  
10AM-6PM

**Pembroke Location: 278 Nelson St**

TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SUNDAY MONDAY

**Activity Drop In Hours,  
Monday-Thursday  
3pm-6pm**

		<b>1. PLEO (Renfrew) 6:30PM-8PM</b>  Pictionary and charades 3pm-6pm <b>Rosh Hashanah 1st-4th</b>	<b>2. Fall Flower Arranging 3pm - 6pm</b>  Culture Exploration ages 18-25 12pm-2pm	<b>3. Equinox Gym Time 4pm-5pm (please register) Follow Along Painting 3pm-6pm make apple crisp ages 18-25 - 12pm-2pm</b> 	<b>4. Virtual Services Available by Appointment 8:30am-4:30pm</b>	<b>5.</b>
<b>6.</b>	<b>7. BMH Learning Session with Ryan 4:00-5:00</b> 	<b>8. BMH 3:30pm-5:30pm</b> Fall Flower Arranging 3pm - 6pm 	<b>9. COMMUNITY SERVICES 2pm-4pm</b> Thanksgiving Get Together (please register) 5pm-7pm Curling at the Renfrew Curling Rink 3:30pm-5pm <b>MUST REGISTER</b>	<b>10. COMMUNITY SERVICES 2pm-4pm</b> <b>World Mental Health Day</b> Thanksgiving Get Together (please register) 3pm-6pm 	<b>11. Virtual Services Available by Appointment 8:30am-4:30pm</b>	<b>12.</b> 
<b>13.</b> 	<b>14. Happy Thanksgiving</b> 	<b>15. BMH 3:30pm-5:30pm</b> Connect Four Tournament 4pm-6pm  <b>PFLAG YOUTH GROUP REGISTER WITH PFLAG</b>	<b>16. Pictionary and Charades 4pm-6pm movie and popcorn ages 18-25 from 12pm-2pm</b>  <b>Service Canada 2pm-4pm</b>	<b>17. Equinox Gym Time 4pm-5pm (please register)</b> Fall Walk Downtown for ages 18-25 12pm-2pm	<b>18. Virtual Services Available by Appointment 8:30am-4:30pm</b>	<b>19. Youth Day in Pembroke (Equinox School must register) 11am-3:30pm</b>  Partner with the Town of Renfrew 12pm-2pm Pumpkin Carving (must register with the Town)
<b>20.</b>	<b>21. Youth Advisory 3:30pm-4pm Pumpkin Decorating 4pm-6pm partnered with Renfrew Connection Center</b> 	<b>22. Pumpkin Decorating 4pm-6pm</b> 	<b>23. Ontrac 3pm-4pm</b> Fall Movie Day Party 3pm-6pm Budgeting Course for ages 18-25- 12pm-2pm	<b>24. EMPLOYMENT SERVICES 1PM-3PM</b> Movie and popcorn ages 18-25 - 12pm-2pm  Fall Minute to Win it Games 4pm-6pm	<b>25.</b>  Music Group in Pembroke 4pm-7pm	<b>26.</b> 
<b>27.</b> 	<b>28. Resume Building Workshop 3pm-4pm</b> 	<b>29. Youth Advisory 3:30-4:00pm Halloween Party in Pembroke 4:00pm-6pm</b> 	<b>30. BOO!</b> Halloween Party in Renfrew 4pm-6pm 	<b>31. Halloween Movie &amp; Snacks 3pm-6pm</b> 	<b>SNACKS ARE ALWAYS AVAILABLE!! SWING BY FOR SOME YUMMY FOOD</b>	

**Our Core Services**  
 Peer Support  
 Care Navigation  
 Recreational & Skill Building Activities  
**\*Mental Health and Addictions Counselling\***  
 by appointment  
**\*Primary Care\***  
**All Services FREE OF CHARGE**