# December Calendar

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
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<tr>
<td>Nurse Practitioner</td>
<td>10am-12pm</td>
<td>Counselling Drop-in</td>
<td>12-3pm</td>
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<tr>
<td>Games Night</td>
<td>4-6pm</td>
<td>Mindful Colouring</td>
<td>10-11 am</td>
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<td>Mindfulness</td>
<td>6pm</td>
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<td><strong>11</strong></td>
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<tr>
<td>Nurse Practitioner</td>
<td>10am-12pm</td>
<td>Counselling Drop-in</td>
<td>2-5pm</td>
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<tr>
<td>Counselling Drop-in</td>
<td>11am-3pm</td>
<td>Nurse Practitioner</td>
<td>1-3pm</td>
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<tr>
<td>Games Night</td>
<td>4-6pm</td>
<td>Donut Risk it: Overdose Prevention Info</td>
<td>5pm</td>
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<td>6pm</td>
<td>Counselling Drop-in</td>
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<tr>
<td>Nurse Practitioner</td>
<td>10am-12pm</td>
<td>Counselling Drop-in</td>
<td>2-5pm</td>
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<tr>
<td>Counselling Drop-in</td>
<td>11am-3pm</td>
<td>Info Session: Coping With Boredom</td>
<td>6pm</td>
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<tr>
<td>Games Night</td>
<td>4-6pm</td>
<td>Nurse Practitioner</td>
<td>1-3pm</td>
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<td>Counselling Drop-in</td>
<td>4-8pm</td>
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<td>Craft &amp; Cookie Decorating</td>
<td>3pm</td>
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<td><strong>25</strong></td>
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<td><strong>27</strong></td>
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<td>Closed/No activities</td>
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<td>Counselling Drop-in</td>
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<td><strong>29</strong></td>
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<td>What's the Tea</td>
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**Friday**

1. Nurse Practitioner | 12-3pm
2. Youth Advisory Committee | 4-5pm

**Saturday**

1. Nurse Practitioner | 12-3pm
2. Youth Advisory Committee | 4-5pm

**Sunday**

1. Writing Group | 5pm
2. Movie Night | 5pm

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Last updated: Dec 1, 2023
### Mindful Colouring
**Time:** Every Wednesday, 10-11am at 332 Richmond
**About:** Pop in to centre yourself for the day with some calming & mindful colouring. Hot drinks & colouring sheets and supplies will be a plenty!

### Supportive Information Sessions (SIS) *(please RSVP)*
**Time:** Every other Tuesday, 6pm
**About:** SIS are single session psychoeducation groups that aim to increase knowledge surrounding general wellness, mental health and substance use topics.

### Art for Wellness *(please RSVP)*
**Time:** Every other Tuesday 6pm
**About:** One-hour sessions that utilise art as a therapeutic tool to support young folks in expressing & exploring emotions, thoughts, and overall wellness. Weekly topics may relate to mental health and/or substance use.

### Counselling Drop-ins
**Time:** Weekly, Mondays 11am-3pm, Tuesdays 2-5pm & Thursdays 4-8pm
**About:** Drop-in to access single counselling sessions (30-45 mins) on a first-come-first-serve basis to discuss mental health and substance use concerns. Scheduled appointments are also available outside these hours.

### Nurse Practitioner (NP): Same Day appointments
**Time:** Mon. 10am-12pm, Wed. 1-3pm & Fri 12-3pm
**About:** Call or visit the hub to schedule a same-day appointment with NP Karolina about mental health, and/or substance use, or non-urgent primary care needs. You can also schedule appointments outside of these hours.

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### Movie Nights
**Time:** 1-2x a month on Fridays, 5pm
**About:** Watch a movie and enjoy some snacks.

### Games Nights
**Time:** Mondays or Fridays as listed, 4-6pm
**About:** Join us to play a variety of board games, card games. Play our games or bring your own.

### What’s the Tea?
**Time:** Thursdays, 3-5pm
**About:** Drop in for tea and chat with our staff team about life in a supportive and safe space.

### Food bank
**Time:** Every second Friday, 10am-6pm
**About:** Drop in to get a box of food if needed. Some emergency food items available any day.

### Holiday Activities!
**Time:** Various dates & times in December
**About:** We’ll be spreading some holly jolly wintery cheer by hosting several holiday themed activities - cookie decorating, holiday crafts, movie nights & a party!

### Budgeting Workshop *(registration required)*
**Time:** Last Tuesday Evening of the month
**Register:** kylek@you.ca or DM on Instagram
**About:** Register for this workshop to explore tools for managing personal finances. Different topics are explored each month.

### YMAP (Youth Mapping the Way Program)
**About:** We have partnered with YMap to run programs together at the hub and the ymca centre branch! Meet with hub staff at 332 Richmond St to walk to the Y together.

### Crafts Night
**Time:** Last Thursday of the month, 6-8pm
**About:** Themed, or freestyle evenings to work on creating! We may have guided crafts, or hold the space for you to create whatever gives you joy. Basic supplies provided, or bring your own.

### Youth Advisory Committee Drop-in
**Time:** Fridays, 4-5pm
**About:** We offer a weekly drop-in hour to share your ideas about programs at the hub.

### Monthly Birthday Celebration
**Time:** Last Tuesday of the month
**About:** Pop by in the afternoon to celebrate all the birthdays in the month!

### Writing Group
**Time:** Third Friday, 6-8pm
**About:** Spend the evening with us writing and sharing in a relaxed space. You can share your own work, or bring other writing that resonates with you.

### Self Care Night
**Time:** December 5th, 4pm
**About:** Treat yourself to a relaxing evening of self care and mindfulness activities. This month we’ll be making our own body scrub/soap!

### Donut Risk It: Overdose Prevention Info
**Time:** Wednesday, December 13th at 5pm
**About:** Eat baked goods and learn about preventing overdoses in yourself or others.

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**To schedule an appointment & register for programs**
Visit the hub or call us at 519-432-1112 *101 and ask to speak with Wellness Hub staff, email kylek@you.ca or message us on Instagram: @ywho_lm

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**Last updated: Dec 1, 2023**