



CAPITAL YOUTH HUB

MAY Is The Month Of...
Mental Health Awareness

SUNDAY	MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Closing at 4:30 PM		 Art Club 3:30-5:30 Open Hours 2:30-5:30	 BOARD & VIDEO GAMES Open Hours 2:30-5:30	 Low Sensory Open Hours 2:30-5:30	MAY DAY  International Workers' Day Beltane	
38 World Press Freedom Day	4 Star Wars Day	5 Red Dress Day Art Club 3:30-5:30 Open Hours 2:30-5:30	6 BOARD & VIDEO GAMES Open Hours 2:30-5:30	7 National Child & Youth Mental Health Day Young Adult Open Hours 2:30-5:30	8 World Red Cross Day	9
10 Bear Witness Day (Jordan's Principle)	11 MOTHER'S DAY	12  Art Club 3:30-4:30 Open Hours 2:30-4:30	13  BOARD & VIDEO GAMES Open Hours 2:30-4:30	14  Low Sensory Open Hours 2:30-4:30	15 International Day of Families	16
17 International Day Against Homophobia, Transphobia & Biphobia Early Psychosis & Schizophrenia Awareness Day	18 VICTORIA DAY	19 Malcolm X Day Art Club 3:30-5:30 Open Hours 2:30-5:30	20 BOARD & VIDEO GAMES Open Hours 2:30-5:30	21 World Day for Cultural Diversity, for Dialogue & Development Young Adult Open Hours 2:30-5:30	22	23
24  Blue Moon	25 Africa Day	26 Art Club 3:30-5:30 Open Hours 2:30-5:30	27 BOARD & VIDEO GAMES Open Hours 2:30-5:30	28 Red Shirt Day of Action for AccessAbility & Inclusion Low Sensory Open Hours 2:30-5:30	29	30 World MS Day

Regular & Low Sensory Open Hours are for ages 11 - 18. Young Adult Open Hours are for ages 16 - 25.

VISIT [TINYURL.COM/CYH042026](https://tinyurl.com/cyh042026) TO SIGN UP FOR VOLUNTEERS 2026!!!

Scan to see our Amazon Wishlist



VISIT [TINYURL.COM/CRMHAG](https://tinyurl.com/crmhag) TO SIGN UP FOR THE CAPITAL REALM MAGES, HEALERS, AND ADVENTURERS' GUILD!

During Open Hours, staff are available to assist with mental health wellness and resource navigation. Activities are held Tue, Wed, and Thu, at which time clients can access our food and self-care pantries.