






CAPITAL YOUTH HUB

JANUARY 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|-------------------------------------|---|---|--|--------|---|
|  - | - CRMHAA Closed for the Holidays | - | - | 1 | 2 | 3 |
| 4 | 5 WELCOME BACK! | 6  Art Club 3:00 - 5:00 Open Hours 2:30- 5:30 | 7  Hot Chocolate & Chill Open Hours 2:30- 5:30 | 8  Young Adult Drop in 10 - 12 Low Sensory Open Hours 2:30 - 5:30 | 9 | 10 |
| 11 | 12 | 13  Art Club 3:00 - 5:00 Open Hours 2:30- 5:30 | 14  Hot Chocolate & Chill Open Hours 2:30- 5:30 | 15  Young Adult Drop in 10 - 12 Open Hours 2:30- 5:30 | 16 | 17 |
| 18 | 19 | 20  Art Club 3:00 - 5:00 Open Hours 2:30- 5:30 | 21  Hot Chocolate & Chill Open Hours 2:30- 5:30 | 22  Young Adult Drop in 10 - 12 Low Sensory Open Hours 2:30 - 5:30 | 23 | 24 |
| 25 | 26 | 27  Art Club 3:00 - 5:00 Open Hours 2:30- 5:30 | 28  Hot Chocolate & Chill Open Hours 2:30- 5:30 | 29  Young Adult Drop in 10 - 12 Open Hours 2:30- 5:30 | 30 | 31  |

*Open Hours are for youth ages 11 - 18. During Open Hours, our Youth Hub staff are available to assist with mental health wellness and resource navigation. Daily activities will be offered and a basic needs pantry will also be available.



**Scan this QR code to see our Amazon Wishlist!

