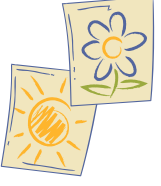
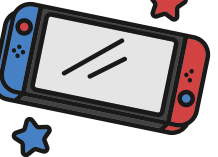
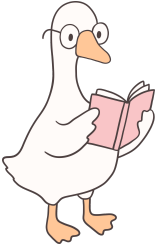




CAPITAL YOUTH HUB

NOVEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-	-	-	-	-	-	1
2	3	 4 Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	 5 Open Hours 2:30- 5:30	 6 Young Adult Drop in 10 - 12 Low Sensory Open Hours 2:30 - 5:30	7	8
9	10	11 CRMHAA Closed for Remembrance Day 	 12 Open Hours 2:30- 5:30	 13 Young Adult Drop in 10 - 12 Open Hours 2:30- 5:30	14	15
16	17	 18 Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	 19 Self-care IS EMPOWERMENT DIY Self-Care Kits Open Hours 2:30- 5:30	 20 Young Adult Drop in 10 - 12 Low Sensory Open Hours 2:30 - 5:30	21	22
30 23	24	 25 Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	 26 Open Hours 2:30- 5:30	 27 Young Adult Drop in 10 - 12 Open Hours 2:30- 5:30	28	29

*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!

