

APITAL YOUTH HUB OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-	-	-	Open Hours 2:30- 5:30	Young Adult Drop in 10 - 12 Open Hours 2:30- 5:30	3	4
5	6	7 Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	Open Hours 2:30- 5:30	Young Adult Drop 9 in 10 - 12 - Silent Bookclub Low Sensory Open Hours 2:30 - 5:30	10	11
12	CRMHAA Closed for Thanksgiving	14 Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	Open Hours 2:30- 5:30	Young Adult Drop in 10 - 12 Open Hours 2:30- 5:30	17	18
19	20	21 Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	22 Open Hours 2:30- 5:30	Young Adult Drop 23 in 10 - 12 - Paint & Chill Low Sensory Open Hours 2:30 - 5:30	24	25
26	27	Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	29 Open Hours 2:30- 5:30	Young Adult Drop 30 in 10 - 12 Open Hours 2:30- 5:30 Drop in for a Halloween treat bag!	Happy Halloween	-

*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!





