














# CAPITAL YOUTH HUB

## MAY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				 1 <b>Open Hours 3 - 6 pm</b> <b>Creative Journaling</b>	2	3
4	5	 6 <b>Open Hours 3 - 6 pm</b> <b>Art Club 4 - 6 pm</b>	 7 <b>Open Hours 3 - 6 pm</b>	 8 <b>Low Sensory Open Hours 3 - 6 pm</b>	9	10
<b>HAPPY</b> 11 <i>Mother's</i> <b>DAY</b>	12	 13 <b>Open Hours 3 - 6 pm</b> <b>Art Club 4 - 6 pm</b>	 14 <b>Open Hours 3 - 6 pm</b> <b>Karaoke 4:30 - 6 pm</b>	 15 <b>Open Hours 3 - 6 pm</b>	16	17
18	19 <b>CRMHAA Closed for Victoria Day</b>	 20 <b>Open Hours 3 - 6 pm</b> <b>Art Club 4 - 6 pm</b>	 21 <b>Open Hours 3 - 6 pm</b>	 22 <b>Low Sensory Open Hours 3 - 6 pm</b>	23	24
25	26	 27 <b>Open Hours 3 - 6 pm</b> <b>Art Club 4 - 6 pm</b>	 28 <b>Open Hours 3 - 6 pm</b> <b>Origami Paper Crafts</b>	 29 <b>Open Hours 3 - 6 pm</b>	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!

