



CAPITAL YOUTH HUB

SEPTEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-	1 CRMHAA Closed for Labour Day	2  Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	3  Open Hours 2:30- 5:30	4  REST & RELAXATION Open Hours 2:30- 5:30	5	6
7	8	9  Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	10  Open Hours 2:30- 5:30	11 Young Adult Drop in 10 - 12 - Canvas Painting Low Sensory Open Hours 2:30 - 5:30	12	13
14	15	16  Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	17  Open Hours 2:30- 5:30	18  Open Hours 2:30- 5:30	19	20
21	22	23  Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	24  Open Hours 2:30- 5:30	25 Young Adult Drop in 10 - 12 - Junk Journaling Low Sensory Open Hours 2:30 - 5:30	26	27
28	29	30 CRMHAA Closed for National Day for Truth and Reconciliation	-	-	-	-

*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.

**Mental
health
matters**



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HEALTH**

