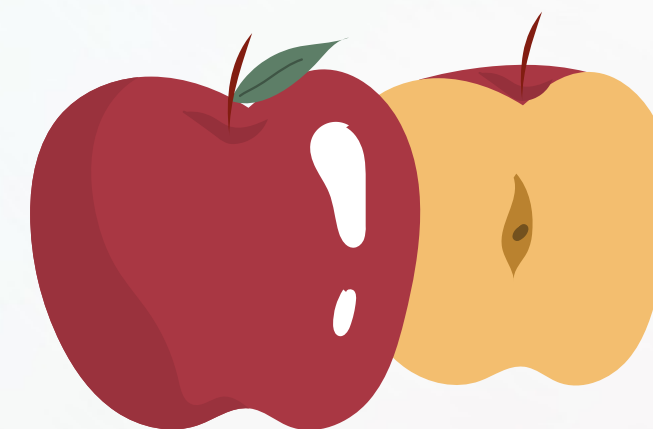
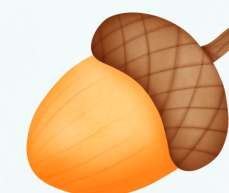
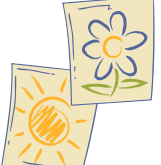
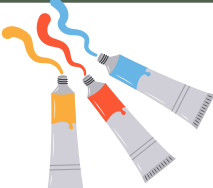




CAPITAL YOUTH HUB

SEPTEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-	-	 1 Low Sensory Open Hours 2:30 - 5:30	 2 Learning to Crochet 3:00 - 5:00 Open Hours 2:30- 5:30	 3 Make Your Own Pet Rock 3:00 - 5:00 Open Hours 2:30- 5:30	4	5
6	CRMHAA Closed for Labour Day	 7 Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	 8 Sensory Experiments 3:00 - 5:00 Open Hours 2:30- 5:30	 9 Low Sensory Open Hours 2:30 - 5:30	10	11
12						
13		 14 Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	 15 Painting and Potting Plants 3:00 - 5:00 Open Hours 2:30- 5:30	 16 DIY Self Care Kits 3:00 - 5:00 Open Hours 2:30- 5:30	17	18
19						
20		 21 Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	 22 DIY Lava Lamps 3:00 - 5:00 Open Hours 2:30- 5:30	 23 Low Sensory Open Hours 2:30 - 5:30	24	25
26						
27		 28 Art Club 3:00 - 5:00 Open Hours 2:30- 5:30	CRMHAA Closed for National Day for Truth and Reconciliation  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.

September is:
International Pain Awareness
Month
FAS Disorder Awareness Month

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Amazon Wishlist!

Important Dates in September:

September 1st - Labour Day
September 9th - World First Aid Day
September 10th - World Suicide Prevention Day
September 11th - 9/11
September 22nd to 28th - Gender Equality Week
September 23rd - International Day of Sign Languages
September 30th - National Day for Truth and Reconciliation