

Youth Wellness Hub London-Middlesex December Calendar



				Friday
Monday	Tuesday	Wednesday	Thursday	
4 Nurse Practitioner 10am-12pm Games Night 🎮 4-6pm	5 Counselling Drop-in 2-5pm Mindfulness 6pm	6 Mindful Colouring 🖍️ 10-11 am	7 Self Care Night 💜 Making lip scrubs 🕯️ 4pm Counselling Drop-in 4-8pm	1 Nurse Practitioner 12-3pm Youth Advisory Committee 4-5pm
11 Nurse Practitioner 10am-12pm Counselling Drop-in 11am-3pm Games Night 🎮 4-6pm	12 Counselling Drop-in 2-5pm Art for Wellness ❤️ 6pm	13 Mindful Colouring 🖍️ 10-11 am Nurse Practitioner 1-3pm Donut Risk it: Overdose Prevention Info 🍪 5pm	14 Zine Workshop 📖 Registration Required 3-8pm Counselling Drop-in 4-8pm	8 Nurse Practitioner 12-3pm Youth Advisory Committee 4-5pm Movie Night 🎬 5pm
18 Nurse Practitioner 10am-12pm Counselling Drop-in 11am-3pm Games Night 🎮 4-6pm	19 Counselling Drop-in 2-5pm Info Session: Coping With Boredom 6pm	20 Mindful Colouring 🖍️ 10-11 am Nurse Practitioner 1-3pm Crafts & Cookie Decorating 3pm	21 What's the Tea ☕ 3-5pm Counselling Drop-in 4-8pm	15 Nurse Practitioner 12-3pm Youth Advisory Committee 4-5pm Writing Group 🖋️ 5pm
25 Closed/No activities	26 Closed/No activities	27 Closed/No activities	28 Counselling Drop-in 12-4pm	22 Wellness Hub Holiday Extravaganza 🎉 All day Youth Advisory Committee 4-5pm Movie Night 🎬 5pm
			29 What's the Tea ☕ Cookie Decorating & Holiday Movies 🍪 12-4pm	

Clinical & Wellness

Mindful Colouring

Time: Every Wednesday, 10-11am at 332 Richmond

About: Pop in to centre yourself for the day with some calming & mindful colouring. Hot drinks & colouring sheets and supplies will be a plenty!

Supportive Information Sessions (SIS) *(please RSVP)*

Time: Every other Tuesday, 6pm

About: SIS are single session psychoeducation groups that aim to increase knowledge surrounding general wellness, mental health and substance use topics.

Art for Wellness *(please RSVP)*

Time: Every other Tuesday 6pm

About: One-hour sessions that utilise art as a therapeutic tool to support young folks in expressing & exploring emotions, thoughts, and overall wellness. Weekly topics may relate to mental health and/or substance use.

Counselling Drop-ins

Time: Weekly, Mondays 11am-3pm, Tuesdays 2-5pm & Thursdays 4-8pm

About: Drop-in to access single counselling sessions (30-45 mins) on a first-come-first-serve basis to discuss mental health and substance use concerns. Scheduled appointments are also available outside these hours.

Nurse Practitioner (NP): Same Day appointments

Time: Mon. 10am-12pm, Wed. 1-3pm & Fri 12-3pm

About: Call or visit the hub to schedule a same-day appointment with NP Karolina about mental health, and/or substance use, or non-urgent primary care needs. You can also schedule appointments outside of these hours.

To schedule an appointment & register for programs

Visit the hub or call us at 519-432-1112 *101 and ask to speak with Wellness Hub staff, email kylek@you.ca or message us on instagram: [@ywho_lm](https://www.instagram.com/ywho_lm)

Activities & Skills for Wellbeing

Movie Nights

Time: 1-2x a month on Fridays, 5pm

About: Watch a movie and enjoy some snacks.

Games Nights

Time: Mondays or Fridays as listed, 4-6pm

About: Join us to play a variety of board games, card games. Play our games or bring your own.

What's the Tea?

Time: Thursdays, 3-5pm

About: Drop in for tea and chat with our staff team about life in a supportive and safe space.

Food bank

Time: Every second Friday, 10am-6pm

About: Drop in to get a box of food if needed. Some emergency food items available any day.

Holiday Activities!

Time: Various dates & times in December

About: We'll be spreading some holly jolly wintery cheer by hosting several holiday themed activities - cookie decorating, holiday crafts, movie nights & a party!

Budgeting Workshop *(registration required)*

Time: Last Tuesday Evening of the month

Register: kylek@you.ca or DM on instagram

About: Register for this workshop to explore tools for managing personal finances. Different topics are explored each month.

YMAP (Youth Mapping the Way Program)

About: We have partnered with YMap to run programs together at the hub and the ymca centre branch! Meet with hub staff at 332 Richmond St to walk to the Y together.

Events & Special Activities

Crafts Night

Time: Last Thursday of the month, 6-8pm

About: Themed, or freestyle evenings to work on creating! We may have guided crafts, or hold the space for you to create whatever gives you joy. Basic supplies provided, or bring your own.

Youth Advisory Committee Drop-in

Time: Fridays, 4-5pm

About: We offer a weekly drop-in hour to share your ideas about programs at the hub.

Monthly Birthday Celebration

Time: Last Tuesday of the month

About: Pop by in the afternoon to celebrate all the birthdays in the month!

Writing Group

Time: Third Friday, 6-8pm

About: Spend the evening with us writing and sharing in a relaxed space. You can share your own work, or bring other writing that resonates with you.

Self Care Night

Time: December 5th, 4pm

About: Treat yourself to a relaxing evening of self care and mindfulness activities. This month we'll be making our own body scrub/soap!

Donut Risk It: Overdose Prevention Info

Time: Wednesday, December 13th at 5pm

About: Eat baked goods and learn about preventing overdoses in yourself or others.