

# April

## RENFREW COUNTY YOUTH WELLNESS HUB

HAVE QUESTIONS? WANT TO REGISTER FOR AN EVENT?

CALL OR EMAIL US!!

Events maybe subject to change see social media for current events

renfrewcountyywho@gmail.com  
613-570-8953

**Renfrew Location:**  
1 Ma-Te-way Park Dr  
MYFM CENTRE

MONDAY AND  
WEDNESDAY IN RENFREW  
10AM-6PM (ages 12-25)  
TUESDAY AND THURSDAY  
IN PEMBROKE  
10AM-6PM (ages 12-25)

**Pembroke Location:**  
278 Nelson St

**Our Core Services**  
Peer Support  
Care Navigation  
Recreational & Skill  
Building Activities  
**\*Mental Health and  
Addictions  
Counselling\***  
by appointment  
**\*Primary Care\***  
**All Services FREE OF  
CHARGE**



	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1.</b> PLEO (Renfrew) 6:30pm-8pm  Baking Day: Classic Chocolate Chip Cookies 3:30pm-4:30pm	<b>2.</b> BINGO with a twist 4pm-5pm	<b>3.</b> Board Game Cafe 3pm-5pm 	<b>4.</b> Virtual Services Available by Appointment 8:30am-4:30pm	<b>5.</b> Easter Egg Decorating with the Town of Renfrew from 12 pm to 2 pm
<b>6.</b>	<b>7.</b> Mindfulness Reflection 4:30pm-5:30pm 	<b>8.</b> Movie Night 3pm-6pm 	<b>9.</b> Spring Craft 4pm-5pm Community Services 2-4 pm 	<b>10.</b> Mindfulness Reflection 4:30pm-5:30pm Community Services 2-4 pm 	<b>11.</b> Virtual Services Available by Appointment 8:30am-4:30pm
<b>12.</b>	<b>13.</b>	<b>14.</b> Spring Trivia 4:30pm-5:30pm Ontrac 2-4 pm	<b>15.</b> BINGO with a twist 4pm-5pm	<b>16.</b> Youth Advisory 4pm-5pm COMMUNITY EVENTS GROUP 5 PM-6PM 	<b>17.</b> Sip & Bake: Muffins and Brownies 3:30pm-5:30pm 
<b>18.</b> <i>Good Friday</i>	<b>19.</b>	<b>20.</b>	<b>21.</b> Easter Minute to Win it in the Gym 4:00pm-5:30pm	<b>22.</b> Karaoke Night 4:30pm-5:30pm 	<b>23.</b> Sip & Paint: Spring Flowers 3:30pm-5:30pm Financial Literacy with Ben from Sunlife 
<b>24.</b> Spring Trivia 5-7pm COMMUNITY EVENTS GROUP 3 PM-4PM Health Unit Clinic 3pm-5pm	<b>25.</b>	<b>26.</b> Earth Day Activity in Pembroke 1pm-4pm must register	<b>27.</b>	<b>28.</b> Karaoke Night 4:30pm-5:30pm	<b>29.</b> Youth Advisory 3pm-4pm  Learn How to Make Bread 3pm-5:30pm 
<b>30.</b> Movie Night 4-7pm Parent Advisory 5:15pm-5:45pm 	<b>31.</b> SNACKS ARE ALWAYS AVAILABLE!! SWING BY FOR SOME YUMMY FOOD	<b>Activity Drop In Hours, Monday-Thursday 3pm-6pm</b>			