

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**



RENFREW
VICTORIA
HOSPITAL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1. PLEO (Renfrew)
6:30pm-8pm

Baking Day:
Classic Chocolate
Chip Cookies
3:30pm-4:30pm

2.



BINGO with a twist
4pm-5pm

3.

Board Game Cafe
3pm-5pm



4.

Virtual Services
Available by
Appointment
8:30am-4:30pm

5.

Easter Egg
Decorating with the
Town of Renfrew
from 12 pm to 2 pm

6.



7.

Mindfulness
Reflection
4:30pm-5:30pm



8.

Movie Night
3pm-6pm



9.

Spring Craft
4pm-5pm

Community Services
2-4 pm



10.

Mindfulness
Reflection
4:30pm-5:30pm



Community
Services
2-4 pm

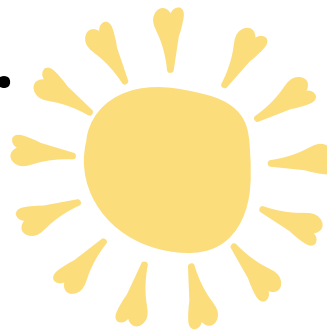
11.

Virtual Services
Available by
Appointment
8:30am-4:30pm

12.



13.



14.

Spring Trivia
4:30pm-5:30pm



Ontrac 2-4 pm

15.



BINGO with a twist
4pm-5pm

16.

Youth Advisory

4pm-5pm
COMMUNITY EVENTS
GROUP
5 PM-6PM



17.

Sip & Bake:
Muffins and
Brownies

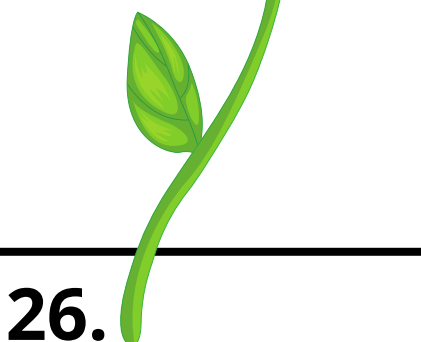
3:30pm-5:30pm



18.

*Good
Friday*

19.



20.



21.

Easter Minute
to Win it in the Gym
4:00pm-5:30pm

22.

Karaoke
Night
4:30pm-5:30pm



23.

Sip & Paint:
Spring Flowers
3:30pm-5:30pm

Financial Literacy
with Ben from Sunlife



24.

Spring Trivia
5-7pm

COMMUNITY EVENTS GROUP
3 PM-4PM

Health Unit Clinic
3pm-5pm

25.



26.

Earth Day Activity
in Pembroke
1pm-4pm
must register

27.



28.



Karaoke Night
4:30pm-5:30pm

29.

Youth Advisory
3pm-4pm

Learn How
to Make Bread
3pm-5:30pm



30.

Movie Night
4-7pm

Parent Advisory
5:15pm-5:45pm



SNACKS ARE ALWAYS
AVAILABLE!!
SWING BY FOR SOME
YUMMY FOOD

Activity
Drop In Hours,
Monday-Thursday
3pm-6pm

