

2026

January

SIGN UP
NOW!!!

>>>



HUB IS OPEN

10:30AM
-6:00PM

MON - FRI

321-9401 Jane St,
Maple ON

DEC 22 - JAN 2

Holiday Hours: 9:00am-4:30pm

FREE PROGRAM OFFERINGS | AGES 12 - 25

Questions? Call (905) 503-4946 Website: [click here](#)

Email: anagy@yorkhills.ca Instagram: [@wyho.maple](#)

Thursday

Friday

Wellness Your Way:

- 100% FREE SERVICES
- Mental Health & Substance Use Services
- Peer Support
- Care Navigation
- Employment
- Housing

FREE

This month we observe New Year's Day (Jan 1), Tamil Heritage Month, World Day for African and Afro descendant Culture (WDAC) (Jan 24).

Monday	Tuesday	Wednesday	Thursday	Friday
<div>CRAFT CORNER: 05</div> <div>FRIENDSHIP BRACELET MAKING</div> <div></div>	<div>TUESDAY STUDY SESH! 06</div> <div>COUNSELING AVAILABLE 10:30-6PM W/ 360 KIDS</div> <div></div>	<div>MAT PILATES 07</div> <div>6 SPOTS AVAILABLE SIGN UP 4:00 PM</div> <div></div>	<div>HAPPY NEW YEAR 01</div> <div>WE ARE CLOSED</div> <div></div>	<div>OPEN 02</div> <div>9:00AM-4:30PM</div> <div></div>
<div>CRAFT CORNER: 12</div> <div>VISION BOARDS NEW YEARS HOPES SIGN UP</div> <div></div>	<div>TUESDAY STUDY SESH! 13</div> <div>CAREER CAFE JOB SEARCH HELP! 11:00AM-2:00PM</div> <div></div>	<div>MAT PILATES 14</div> <div>6 SPOTS AVAILABLE SIGN UP 4:00PM</div> <div></div>	<div>KUUMA RAPID ACCESS 08</div> <div>BOOK NOW 2-8PM</div> <div>THURSDAY TRIVIA MOVIES! + TV !!!</div> <div></div>	<div>NITENDO SWITCH SPORTS TOURNAMENT 09</div> <div>4:00PM</div> <div></div>
<div>CRAFT CORNER: 19</div> <div>PHONE CHARM MAKING</div> <div></div>	<div>TUESDAY STUDY SESH! 20</div> <div>360 KIDS EMPLOYMENT PROGRAM FOCUS GROUP 11:00AM-1:00PM</div> <div></div>	<div>MAT PILATES 21</div> <div>6 SPOTS AVAILABLE SIGN UP 4:00PM</div> <div>BELL LET'S TALK DAY 2026 AT THE HUB</div> <div></div>	<div>KUUMA RAPID ACCESS 15</div> <div>BOOK NOW 2-8PM</div> <div>VOLUNTEER HOURS DROP-IN 3:30-5:30PM</div> <div>THURSDAY TRIVIA SPORTS !!!</div> <div></div>	<div>ELEMENTARY SCHOOL P.A. DAY 16</div> <div>PAINT EVENT 2-4PM AGES 12-14 SIGN UP</div> <div></div>
<div>CRAFT CORNER: 26</div> <div>COZY COCOA & COLOURING</div> <div></div>	<div>TUESDAY STUDY SESH 27</div> <div>2S LGBTQIA+ DROP-IN 4-5:30PM</div> <div></div>	<div>MAT PILATES 28</div> <div>6 SPOTS AVAILABLE SIGN UP 4:00PM</div> <div></div>	<div>KUUMA RAPID ACCESS 22</div> <div>BOOK NOW 2-8PM</div> <div>THURSDAY TRIVIA VIDEO GAMES !!!</div> <div></div>	<div>NITENDO SWITCH MARIO VS. DONKEY KONG 23</div> <div>4:00PM</div> <div></div>
			<div>KUUMA RAPID ACCESS 29</div> <div>BOOK NOW 2-8PM</div> <div>ELEMENTARY OPEN HOUSE AGES 12-14 & PARENTS</div> <div></div>	<div>SCHOOL P.A. DAY 30</div> <div>UNO TOURNAMENT 2-4 PM</div> <div></div>

January 2026

FREE PROGRAM OFFERINGS | AGES 12 - 25

DROP-IN TO CHAT WITH OUR WELLNESS TEAM: INTAKE, PEER SUPPORT NAVIGATOR, AND MENTAL HEALTH CLINICIAN AVAILABLE 10:30AM-6:00PM MON-FRI

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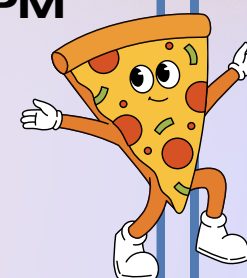
Craft corner!

Let your creative side shine! Join us every Monday in January for a variety of artsy activities. All materials provided!



CAREER CAFE

NEED HELP FINDING A JOB?
COME BY FOR RESUME SUPPORT,
INTERVIEW PREP, AND MORE!
TUES JAN 13 11:00AM-2:00PM



YWHO MAPLE

ELEMENTARY OPEN HOUSE

AGES 12-14 + PARENTS!

Calling our elementary school leaders! If you're ages 12-14, bring your parents and pop by the hub for some pizza! Enjoy a tour of the space and see what YWHO Maple has to offer!

DID YOU
KNOW?
YWHO
OFFERS
COMPLETELY
FREE
SERVICES?

FREE!



TUESDAY STUDY SESH!

Exam Season approaching? Or getting a head start on the new semester? Drop by for some quiet study time or light help from our peer support navigator!

6 + 7 = ???

#BellLetsTalkDay

Let's take a moment for mental health at the hub! Drop by for a variety of self-care activities!



[Click here](#) to learn more about their vision for a world where everyone can get mental health supports that they need to flourish!

THURSDAY Trivia



Test your trivia knowledge every Thursday in January! This month we're tackling: movies, tv, music, sports and video games.



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KUUMBA **york hills**
Centre for Children, Youth and Families

FREE counselling & therapy support for Black-identifying children, youth (0-25). Sessions are offered virtually or in-person with Black-identifying therapists who create a safe and culturally affirming space. **SIGN UP BELOW!**

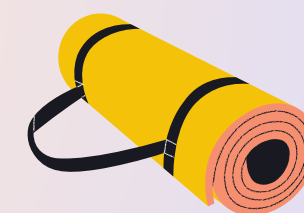


SIGN UP



MAT PILATES!

LET'S PRIORITIZE OUR PHYSICAL HEALTH! JOIN US EVERY WEDNESDAY FOR FITNESS FUN: MAT PILATES. MATS PROVIDED. DRESS COMFORTABLE! 4:00PM WED JAN 7, 14, 21, 28

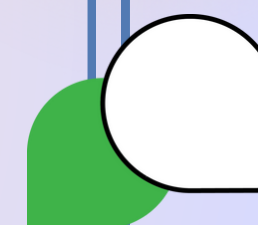


360 Kids Counseling

COUNSELLING IS A WONDERFUL TOOL TO HELP YOUNG PEOPLE MOVE FROM THE PAIN OF THE PAST TOWARDS A RESILIENT FUTURE.

****DROP-IN** TO SPEAK WITH A COUNSELLOR FROM 360 KIDS**

TUES, JAN 6 10:30AM-6PM

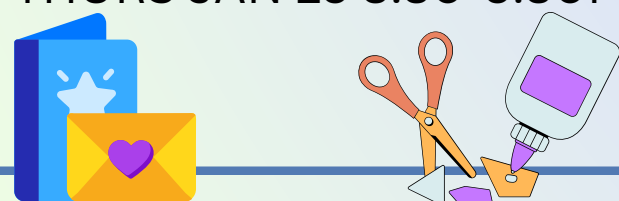


Volunteer Hours

Join us to make cards for isolated seniors across Canada! Volunteers can get up to 2 hours!

****SIGN UP**** Limited spots available.

THURS JAN 15 3:30-5:30PM



2S LGBTQIA+ DROP-IN

PEER SUPPORT, CRAFTS, SNACKS, GAMES, AND MORE!

LED BY A MEMBER OF THE COMMUNITY!



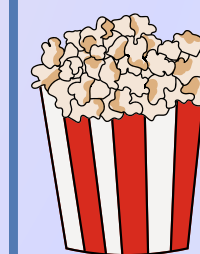
360 KIDS EMPLOYMENT PROGRAM FOCUS GROUP

Calling all youth! We want to hear from YOU. Join our youth focus group to share your experiences, challenges, and ideas about employment. Help us understand what supports you need to!

JAN 20th 11:00am-1:00pm



**FRIDAY
FUN**



COME BY FOR A NEW ACTIVITY EACH WEEK!

THIS MONTH: NITENDO TOURNAMENTS, UNO GAMES AND A PAINT EVENT!

P.A. DAY FRIDAY FUN!!!!