

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

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).

2026

January

FREE PROGRAM OFFERINGS | AGES 12 - 25

Questions? Call (905) 503-4946 Website: [click here](#)
Email: anagy@yorkhills.ca Instagram: @wyho.maple

SIGN UP NOW!!!
»»»



Thursday

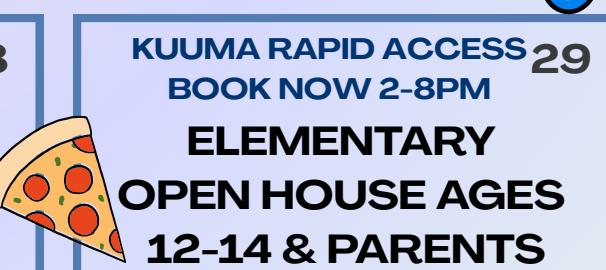
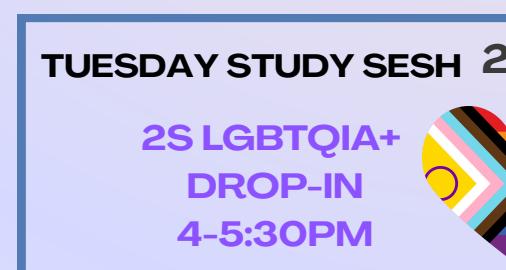
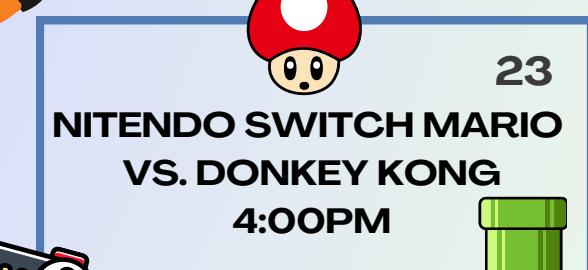
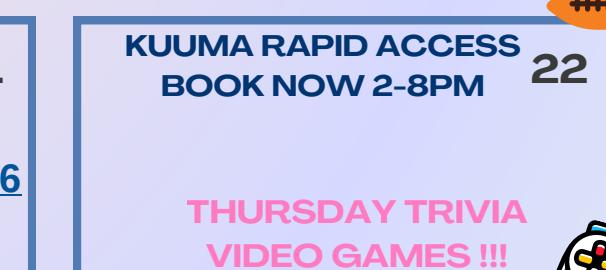
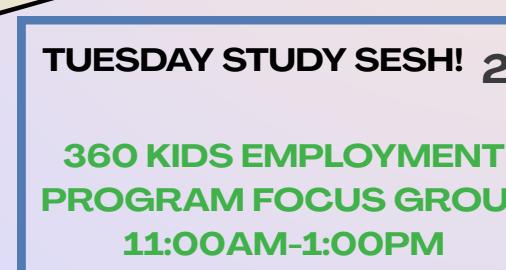
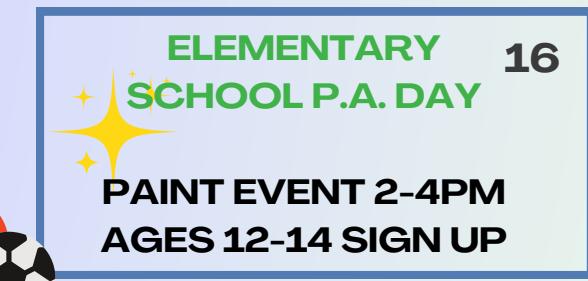
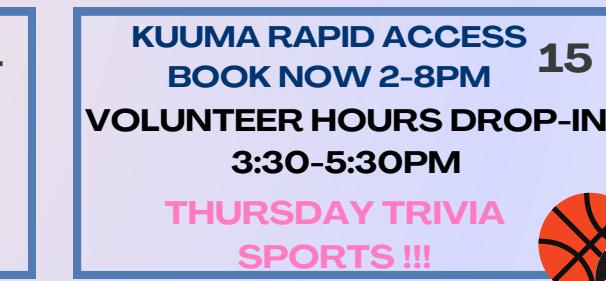
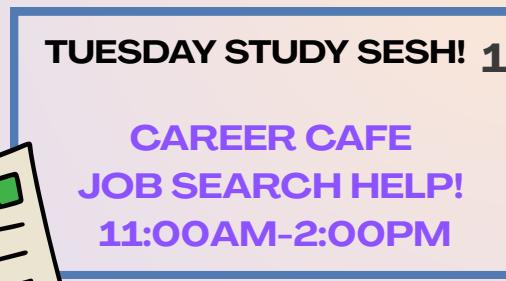
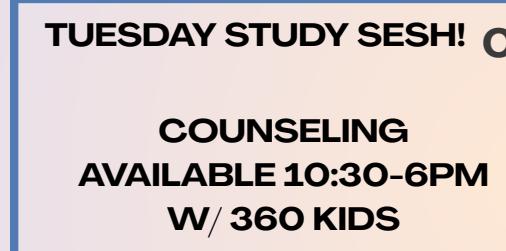
Friday



Monday

Tuesday

Wednesday



2026 January

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

**SIGN
UP
NOW**



DID YOU
KNOW?
YWHO
OFFERS
COMPLETELY
FREE
SERVICES?

FREE!



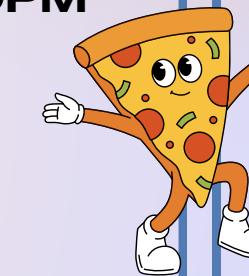
Craft corner!

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



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!

$$6 + 7 = \text{??}$$

#BellLetsTalkDay

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

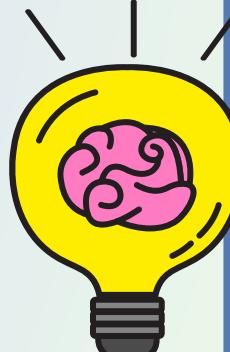


[Click here](#) to learn more about their vision for a world where everyone can get mental health supports that they need to flourish!

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!

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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SIGN UP NOW



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



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



2S LGBTQIA+ DROP-IN

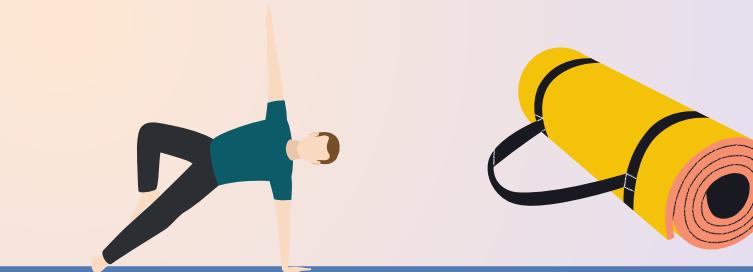
PEER SUPPORT,
CRAFTS, SNACKS, GAMES,
AND MORE!

LED BY A MEMBER OF
THE COMMUNITY!



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

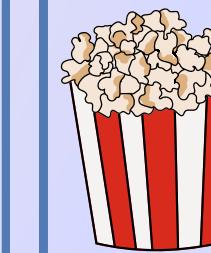


360 Kids Counseling

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



FRIDAY FUN

COME BY FOR A NEW ACTIVITY EACH WEEK!



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

P.A. DAY FRIDAY FUN!!!!



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