

# City & District of Thunder Bay Youth Wellness Hub July Activities Calendar

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**30**  
Honour the Land  
Nature Walk  
2:30-4:30PM  
Harm Reduction  
Workshop w/  
Elevate 5-6PM

**1**  
Canada Day  
HUB CLOSED

**2**  
Youth Move  
1-4PM

**3**  
Youth Outreach  
18+ 4-6PM  
18+ Outdoor  
Games & BBQ  
Drop in 4-7PM

**4**  
Stock the Stock  
Car Celebration!  
11AM-2PM

**7**  
Hub CLOSED for  
Staff Outreach

**8**  
Smoothie Making  
w/ Mushkiki 2-3PM  
Social Media &  
Mental Health  
w/ CMHA 2:30-4PM  
18+ Drop in  
4-7PM

**9**  
Youth Move  
1-4PM  
Friendship  
Bracelets &  
Crafting 4-7PM

**10**  
Youth Outreach  
12-17 4-6PM  
12-17 Outdoor  
Games & BBQ  
Drop in 4-7PM

**11**  
Costume Making  
w/ Gwen 12-2PM  
Cooking w/  
Kwetu 12-4PM

**14**  
Hub CLOSED for  
Staff Outreach

**15**  
Queer Connect 16+  
w/ NorWest CHC  
3:30-6:30PM  
Dungeons & Dragons  
w/ Gwen 4-7PM

**16**  
Youth Move  
1-4PM  
Ontario Works w/  
Dena 1:30-4PM  
Dungeons & Dragons  
w/ Gwen 4-7PM

**17**  
Youth Outreach  
18+ 4-6PM  
18+ Drop in Trivia  
Night 4-7PM

**18**  
Cooking w/  
Kwetu 12-4PM  
Outdoor Fun +  
Ice cream Day  
12-3PM

**21**  
Hub CLOSED for  
Staff Outreach

**22**  
Jam Session w/  
CMHA 2-3:30PM  
Vibe & Thrive w/  
NorWest 3:30-6:30  
18+ Drop in  
4-7PM

**23**  
Youth Move  
1-4PM  
Games w/ Gwen  
4-7PM

**24**  
Youth Outreach  
12-17 4-6PM  
12-17 Drop in  
Trivia Night 4-7PM

**25**  
Costume Making  
w/ Gwen 12-2PM  
Cooking w/ Kwetu  
12-4PM  
Gaagiigidoda "Let's  
Talk" 2-4PM

**28**  
Hub CLOSED for  
Staff Outreach

**29**  
Beach Day  
1-4PM  
Staff Choice Drop  
in 4-7PM

**30**  
Youth Move  
1-4PM  
Ontario Works w/  
Dena 1:30-4PM  
Magic the Gathering  
w/ Gwen 4-7PM

**31**  
Painting w/  
Luthern CC 2-4PM  
Youth Outreach  
18+ 4-6PM  
18+ Drop in  
4-7PM



807-624-2025  
1134 Roland St.,  
Thunder Bay, ON



youth  
wellness  
hubs  
ONTARIO

carrefours  
bien-être  
pour les jeunes  
DE L'ONTARIO

youthhubtbay.ca

# July Clinical Calendar

Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day Hub CLOSED	2 Counselling Lacey 4-7 PM	3	4
7 Hub CLOSED	8 Counselling Alicia 4-7PM	9 Counselling Lacey 4-7 PM	10	11
14 Hub CLOSED	15 Counselling Dilico 1-4PM	16 Counselling Lacey 4-7 PM Nurse Practitioner Marisa 4-7PM	17 Counselling Kate 1-4PM	18
21 Hub CLOSED	22 Counselling Alicia 4-7PM	23 Counselling Lacey 4-7 PM Nurse Practitioner Marisa 4-7PM	24	25
28 Hub CLOSED	29 Counselling Dilico 1-4PM Counselling Jessica 4-7PM	30 Counselling Lacey 4-7 PM Nurse Practitioner Marisa 4-7PM	31	Legend: : Counselling : Primary Care

