



**youth
wellness
hubs**

Brampton

ONTARIO



May 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WELLNESS YOUR WAY!

Support includes:

- Mental Health & Substance Use Services
- Care Navigation
- Peer Support
- Community & Social Support Services

For more info:
ywho@peelcas.org

Drop-In:
Monday - Friday
1:00-7:00pm*
Unless otherwise stated.

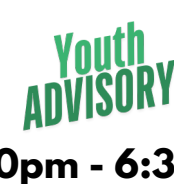
5  **Harmony in Community Music Program**
4pm - 7pm

12  **Harmony in Community Music Program**
4pm - 7pm

19 

Closed: Victoria Day

26  **Harmony in Community Music Program**
4pm - 7pm

6  **Youth ADVISORY**
5:00pm - 6:30pm

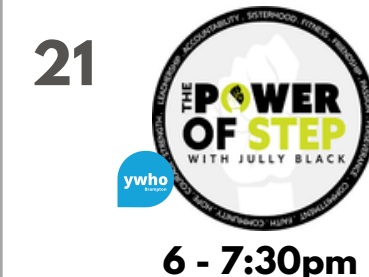
13  **Cricut Maker Night**

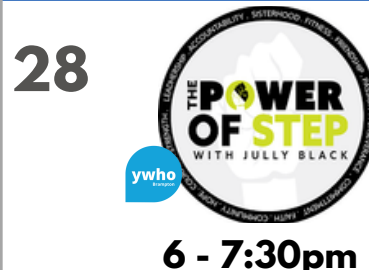
20  **Youth ADVISORY**
5:00pm - 6:30pm

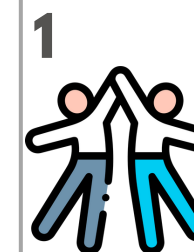
27  **Nacho Night** 3-6pm
 **Youth-Led Bracelet Making**

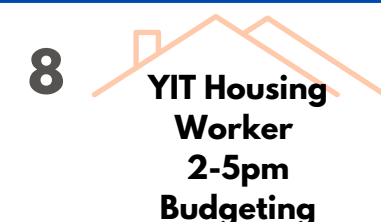
7  **Cosmetic Science** 5-7PM
 **THE POWER OF STEP** WITH JULLY BLACK
6 - 7:30pm

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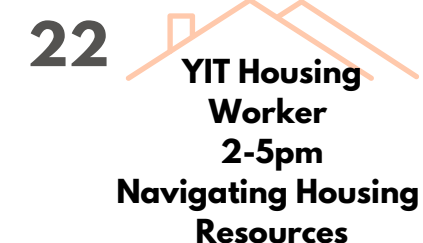
21  **THE POWER OF STEP** WITH JULLY BLACK
6 - 7:30pm

28  **THE POWER OF STEP** WITH JULLY BLACK
6 - 7:30pm


1  **Youth Week Celebration**
5-6:30pm

8  **YIT Housing Worker**
2-5pm Budgeting

15  **Paint 'N' Sip**
5 - 6:30pm

22  **YIT Housing Worker**
2-5pm Navigating Housing Resources

29  **Make your own ice cream**

2  **Basketball**
Open Gym - 3 - 6:30pm

9  **Open Gym - 3 - 6:30pm**

16  **Open Gym - 3 - 6:30pm**

23  **Open Gym - 3 - 6:30pm**

30  **Open Gym - 3 - 6:30pm**
 **UNO Tournament** 3-6pm

DID YOU KNOW...

 **May is Asian Heritage Month** 

May 17th is International Day Against Homophobia, Transphobia, and Biphobia

Now you can call & text
YWHO Brampton at 647-237-9484
or email
ywho@peelcas.org

 = **Registration Required**

Location: Peel CAS - 25 Capston Dr., Mississauga, ON (Lower Level) - Email: ywho@peelcas.org - Text/Call: 647-237-9484



May 2025

Program Descriptions and Registration

Harmony in Community - Monday's 4:00 - 5:30Pm and 5:30 - 7:00pm April 7 - June 9

Join Zamar Music Inc. for an 8-week music wellness journey! 🎵🌟 Dive into the world of music, creativity, and self-expression through classes in Mindful Rhythms & Instrument Exploration age 12 - 16, and Lyrics & Beat Lab + Songwriting & Storytelling for age 16 - 25.



The Power of Step Fitness Class - Wednesdays 6:00 - 7:30pm May 7th, 14th, 21st & 28th

Join Canada's Queen of R&B Jully Black and her Coach Army in step aerobics reimagined! With high energy low impact choreographed routines set to old and new school Hip Hop, R&B, Dancehall, Soca, Afro-Beats, and Gospel music, your heart, body, mind, and soul are guaranteed to get moving & grooving. Registered youth 12-25yrs get to bring an adult ally too!!!



UNO Tournament
Friday May 30th
3pm-6pm!!!

We have all kinds of UNO to choose from! Your goal is to win as many games as possible; so the most wins, WINS! No registration required

Flag Football Game Coming Soon!!!

Join us in playing a game of energizing flag football with the GTA Grizzlies Team! Register to join a team and play! Equipment flags & refreshments provided!



PAINT 'N' SIP Thursday May 15th 5pm - 7pm

Come join us at this creative event with tasty mocktails for the 18+ crowd! No registration required

