



# July 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>WELLNESS YOUR WAY!</b>  Support includes: <ul style="list-style-type: none"> <li>Mental Health &amp; Substance Use Services</li> <li>Care Navigation</li> <li>Peer Support</li> <li>Community &amp; Social Support Services</li> </ul> For more info: <a href="mailto:ywho@peelcas.org">ywho@peelcas.org</a>  <b>Drop-In:</b> <b>Monday - Friday</b> <b>11:00am-6:00pm*</b> <small>Unless otherwise stated.</small>		<b>1</b> <b>HAPPY Canada Day</b> <b>CLOSED</b>	<b>2</b> <b>Make your summer bucket list!</b> 1-2:30pm <b>Voice For All Meeting</b> 4:00pm - 5:30pm	<b>3</b> <b>SELF GUIDED SOCIAL</b> 1-2:30pm <b>Let's Play</b> 3 - 4:30PM	<b>4</b> <b>Open Gym - 12 - 5:30pm</b> <b>Open Mic Live!</b> 2-4pm	<b>NEED VOLUNTEER HOURS?</b>  Volunteer Opportunity Available for Food Security Program In Brampton  Email, call or talk to one of us if interested!  
	<b>7</b> <b>Active Groove w/ Indus @ 1-2:30pm</b> <b>Bubble Soccer!</b> 3 - 4:30pm	<b>8</b> <b>Let's Play</b> 1- 2:30PM <b>The Gathering</b> 2:30-4pm	<b>9</b> <b>Community Garden</b> 11am-1pm <b>Cricut Maker</b> 2:30 - 4:00pm	<b>10</b> <b>Let's TALK Social Media</b> 1-2:30pm <b>YIT Housing Worker</b> 2-5pm	<b>11</b> <b>Open Gym - 12 - 5:30pm</b> <b>Making Paper Flowers @ 2:30-4pm</b>	
	<b>14</b> <b>Active Groove w/ Indus @ 1-2:30pm</b> <b>Colour and Chill</b> 3 - 4:30	<b>15</b> <b>Dodgeball Mania</b> 1- 2:30pm <b>The Gathering</b> 2:30-4pm	<b>16</b> <b>Diamond Art</b> 2:00-3:30pm <b>Voice For All Meeting</b> 4:00pm - 5:30pm	<b>17</b> <b>SELF GUIDED SOCIAL</b> 1-2:30pm <b>18+</b> 4:00pm - 5:30pm	<b>18</b> <b>Open Gym - 12 - 5:30pm</b> <b>Open Mic Live!</b> 2-4pm	
	<b>21</b> <b>Active Groove w/ Indus @ 1-2:30pm</b> <b>Let's Play</b> 3 - 4:30PM	<b>22</b> <b>Cricut Maker</b> 1-2:30pm <b>The Gathering</b> 2:30-4pm	<b>23</b> <b>Community Garden</b> 11am-1pm <b>Safer Summer with PAARC</b> 2:30 - 4:00pm	<b>24</b> <b>Let's TALK SELF CARE</b> 1-2:30pm <b>National SELF-CARE Day!</b> <b>YIT Housing Worker</b> 2-5pm	<b>25</b> <b>Open Gym - 12 - 5:30pm</b>	
	<b>28</b> <b>Active Groove w/ Indus @ 1-2:30pm</b> <b>Make your own Candy Sushi</b> 3:30p - 5:30p	<b>29</b> <b>ESCAPE Room Puzzle Game</b> 1 - 2:30pm <b>The Gathering</b> 2:30-4pm	<b>30</b> <b>Beads and Banter</b> 1 - 2:30pm <b>Voice For All Meeting</b> 4:00pm - 5:30pm	<b>31</b> <b>Let's TALK Relationships</b> 1-2:30pm <b>Let's Play</b> 3 - 4:30PM		

Physical Activity  
Everyday at:  
11:00am -  
12:00pm  
**Get Moving**





# July 2025

## Program Descriptions

**Safer Summer with PAARC**  
Starting Wed. July 23 - 2:30 - 4:00pm

Join PAARC for 5 engaging sessions, every other Wednesday from July 23 - September 17 to learn more about keeping your summer a little safer. Topics include things like safer partying, substance awareness and goal setting/planning.

Session dates: July 23, August 6, August 20, September 3 and September 17



**Get Moving - Daily Physical Activity - 11:00 - 12:00 Daily**

Monday = Yoga  
Tuesday = Circuit training  
Wednesday = Nature walk  
Thursday = Step Class  
Friday = Nintendo E-Sports

### The Gathering: A Group for Black 2SLGBTQ+ Youth and Allies (Ages 12–29)

This is a empowering program for Black 2SLGBTQ+ youth to connect, heal, and thrive. We offer peer support groups, one-on-one counseling, fun events, and access to resources—all in a safe, affirming space.

#### Featured Workshops:

- Queer Art – Get creative and express your story.
- LGBTQ+ 101 – Learn the basics of identity, language, and allyship.
- Trans 101 & Gender Identity – Explore gender diversity in a supportive space.
- Coming Out Stories & Guided Conversations – Share, listen, and build community.



**Let's get real. Spill the tea and talk about what matters to you!**



Learn how to use the Cricut maker & create  
Wed. July 9 - 2:30 - 4:30  
Tues. July 22 - 1 - 2:30pm



**Active Groove**  
Join our facilitators from Indus as we move our bodies and flex our minds! Sessions include Zumba, Yoga and so much more

**Open Mic Live!**



Sing your song, share a spoken word piece, tell a joke - or our favourite karaoke! The mic is yours to express your unique self. We are waiting to cheer you on!

**18+ Trivia**  
July 17  
4 - 5:30pm

Come socialize and play trivia!  
For the 18+ crowd!  
No registration required

