



May 2024 Calendar

Youth Ages 12-25

No Cost



Monday: 8:30-5 p.m.
Tuesday: 8:30-7 p.m.
Wednesday: 8:30-7 p.m.
Thursday: 8:30-5 p.m.
Friday: 8:30-5 p.m.

Monday

**Core Services
(by appointment)**

**Single Session
Therapy
(by appointment)**

**Youth Peer
Support Group
2nd Monday of the
month (starts May
13th)
3:30-4:30 p.m.**

Tuesday

**Core Services
(by appointment)**

**Single Session
Therapy
(by appointment)**

**One Bridge, Two
Shores Caregiver
Group
5:30-7:00 p.m.**

Wednesday

**Core Services
(by appointment)**

**Single Session
Therapy
(by appointment)**

**Rooted & Restored
Group
Starts March 20th
3:30- 5:30pm**

**Beat the Odds For
Youth
May 8th 5-7pm**

Thursday

**Core Services
(by appointment)**

**Single Session
Therapy
(by appointment)**

**Level-Up Group
Bi-weekly 3:00-
4:30pm**

Friday

**Core Services
(by appointment)**

**Single Session
Therapy
(by appointment)**

Core Services

- Care Navigation
- Family Support
- Psychotherapy
- Substance Use Supports

Located at 140 King St. West, Chatham ON

For more information contact us at: **519-437-6329** or **ck@youthhubs.ca**

Kids Help Phone: 1-800-668-6868 or Text CONNECT to 686868

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