

# October 2024 Calendar

## Youth Ages 12-25

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  
(Drop-In)  
Oct. 21st  
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.

DBT Group  
2:30-4:30 p.m.

### Wednesday

Core Services  
(by appointment)

Single Session  
Therapy  
(by appointment)

Rooted & Restored  
Group  
3:30- 5:30pm

### Thursday

Core Services  
(by appointment)

Single Session  
Therapy  
(by appointment)

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

DBT Group  
2:30-4:30 p.m.

### 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

Contact us at: 519-437-6329 or [ck@youthhubs.ca](mailto:ck@youthhubs.ca)

CMHA Mental Health First Response Team: 1-866-299-7447 / Kids Help Phone: 1-800-668-6868

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*\*All YWHO Services are  
Offered Free of Charge\**