

February 2025 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:

*Coping with
Stress and
Anxiety*

Feb 10th
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
3:30- 5:30pm

Thursday

Core Services
(by appointment)

Single Session
Therapy
(by appointment)

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

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

Follow us



@ckyouthhub

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