



**THE GROVE**  
YOUTH WELLNESS HUBS ONTARIO

youth  
wellness  
hubs  
ONTARIO

# MAY 2023 PROGRAMMING

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY |
|---|--|---|---|--|--|----------|
| 30  | 01   | 02<br>Movie Night<br>4:00-6:00pm<br>   | 03<br>Paint & Plant<br>1:00-3:00pm<br>Skills Group<br>4:00-5:00pm   | 04<br>Movie Night<br>3:00-5:30pm<br>Therapy Dog<br>1:30 - 2:30pm   | 05<br>Mario Kart<br>Tournament<br>3:00-5:30pm<br> | 06       |
| 07<br>   | 08<br>Rainbow Mentors:<br>Microwave Meals<br>3:30-5:30pm<br>Therapy Dog<br>4:45 - 5:45pm | 09<br>Movie Night<br>4:00-6:00pm<br>    | 10<br>Nail Painting<br>1:00-3:00pm  | 11<br>Movie Night<br>3:00-5:30pm<br>  | 12<br>Root Beer Floats<br>3:00-5:30pm  | 13       |
| 14  | 15<br>Stress Relief in Nature<br>3:30-5:50pm   | 16<br>Movie Night<br>4:00-6:00pm  | 17<br>Jewelry Making<br>1:00-3:00pm<br> | 18<br>Movie Night<br>3:00-5:30pm<br>Therapy Dog<br>1:30 - 2:30pm   | 19<br>Board Game Night<br>3:00-5:30pm<br>       | 20       |
| 21  | 22<br><b>CLOSED</b>  | 23<br>Movie Night<br>4:00-6:00pm<br> | 24<br>Birdhouse Painting<br>1:00-3:00pm   | 25<br>Movie Night<br>3:00-5:30pm   | 26<br>Vision Boards<br>3:00-5:00pm   | 27       |
| 28<br> | 29<br>Rainbow Mentors:<br>Beading<br>3:30-5:30pm   | 30<br>Movie Night<br>4:00-6:00pm  | 31<br>Fruit Roll Ups<br>& Ice cream<br>1:00-3:00pm  | <b>Supports available for walk-in or appointment:</b> <ul style="list-style-type: none"> <li>• Primary care/Nurse Practitioner</li> <li>• Addiction Support</li> <li>• Mental Health Clinician</li> </ul> <b>Supports available daily:</b> <ul style="list-style-type: none"> <li>• Peer Support 1pm-6pm</li> <li>• Wellness Team Services and System Navigation 11am-6pm</li> </ul> |  |          |

UNIVERSITY OF GUELPH

DROP-IN HOURS: MONDAY TO FRIDAY 1PM-6PM