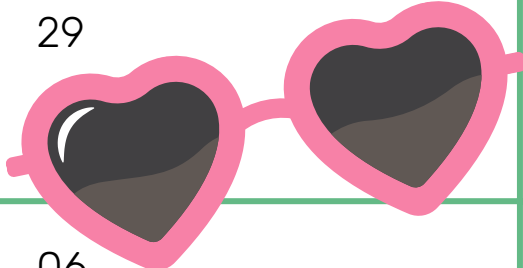



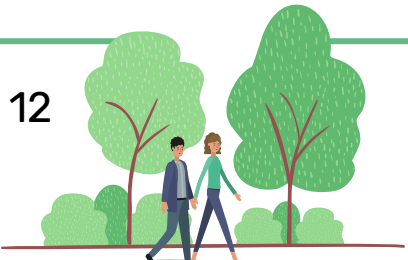



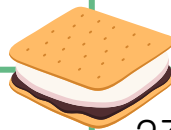



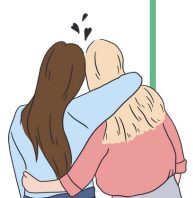



JULY 2025 PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 	30 	01 Closed	02 Jr Youth 10 - 12pm Out + About 3-4pm Homemade Ice-cream Sandwiches 2-3pm 	03 Closed 	04 Mocktails and Alcohol Awareness 1-3pm	05
06	07 Summer Bucket List 2:30-4:30pm	08 Closed 	09 Hot Dogs + Freezees 4-5pm	10 Closed	11 Wellness Walk 2-3pm	12 
13 	14 Tie Dye 2-4pm	15 Closed Youth World Skills Day	16 Jr Youth 10 - 12pm Out + About 3-4pm Smore Dip 2-3pm 	17 Closed	18 Closed Until 2pm	19
20 	21 Breakfast Making 10-12pm Young Adult Night 18+ 4-5pm	22 Closed 	23 Y2K Day	24 Closed International Self-care Day 	25 How To Build A Routine 3-5pm	26 
27	28 Movie + popcorn 3-5pm 	29 Closed 	30 Jr Youth 10 - 12pm Out + About 3-4pm International Friend Day Braclet Making 	31 Closed	01	

Supports available for walk-in or appointment:

- Primary care/Nurse Practitioner
- Addiction Support
- Mental Health Clinician

Supports available daily:

- Peer Support 10am-12pm & 1pm-5pm
- Wellness Team Services 10am-12pm & 1pm-5pm

Tutoring available:

- Speak to Grove Staff

Contact at:

- www.thegrovehubs.ca
- 519-580-0010
- @thegrovehubs.palmerston