



YOUTH WELLNESS HUB PROGRAMS

SPRING 2025

For more information, contact Derek at 519-653-1470 ext 357 or derekw@langs.org.
All free programs take place in the Youth Wellness Hub 1145 Concession Rd, 2nd Floor.

MONDAY

Tech Centre
Homework help,
gaming, and snacks.
Time: 1pm-8pm

Makerspace
Be creative at our
themed art stations.
Time: 2pm-4pm

Hoops
Shoot-around or
play a game with
friends. Basketballs
provided.
In the Langs gym.
Time: 7pm-8pm

TUESDAY

Tech Centre
Homework help,
gaming, and
snacks.
Time: 1pm-5pm

STEAM
Explore science,
technology,
engineering, arts,
and math
Time: 3:30-4:30pm



WEDNESDAY

Tech Centre
Homework help,
gaming, and snacks.
Time: 1pm-8pm

Hoops
Shoot-around or
play a game with
friends. Basketballs
provided.
In the Langs gym.
Time: 7pm-8pm



THURSDAY

Tech Centre
Homework help,
gaming, and snacks.
Time: 1pm-5pm

YTCYC
Interested in
leadership
development and
earning volunteer
hours? The Youth
Council is for you!
Once a month,
contact for dates.
Time: 6pm-7pm

FRIDAY

Tech Centre
Homework help,
gaming, and
snacks.
Time: 1pm-4pm

Makerspace
Be creative at our
themed art stations.
Time: 2pm-4pm



YOUTH MENTAL HEALTH SERVICES

The Langs YWH Mental Health worker provides brief intervention services for ages 12-25. Over 4 sessions we build skills, increase mindfulness and learn more about self-regulation. Workshops and one-on-one support is available. By appointment only, contact Laura at 519-653-1470 ext 361.



Programs are available for Grades 6-12, unless otherwise noted.

