YMCA of Three Rivers
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ymcathreerivers.ca

YMCA of Three Rivers Expands Youth Wellness Programs with Transformative Donation

Guelph, ON – The YMCA of Three Rivers and The Grove Youth Wellness Hubs Ontario are excited to launch a groundbreaking initiative to support youth in the Guelph-Wellington area. Thanks to a generous donation from the WC Wood Foundation, the YMCA is transforming part of the Guelph Y into an innovative youth wellness space, offering a new level of support and services to local youth.

In partnership with The Grove Youth Wellness Hubs Ontario, this new space, set to open in Summer 2025, will be located on the second floor of the Guelph YMCA. It's designed to bring together state-of-the-art youth programming, featuring a creative maker-space, study areas for homework help and the Y's Alternative Suspension program, and a lounge for socializing and gaming. The best part? Local youth have played a key role in shaping the design and features, ensuring it truly meets their needs.

"We're beyond thrilled to offer our youth this incredible new space thanks to the Wood family. It's more than just a facility—it's a hub for creativity, mental health support, and community," said Mike Ennis, CEO of YMCA of Three Rivers.

This project is a major step in expanding the YMCA's mission of enhancing community health and wellness. The new space will not only provide fun and engaging activities but also critical mental health services such as counseling, peer support, and crisis intervention, powered by the partnership with The Grove and CMHA Waterloo Wellington.

Jeff Hoffman, Executive Director of The Grove says, "With this new space at the Guelph Y, we're excited to expand our reach and offer even more ways to support youth in their well-being journey."

Key Features:

- **One-Stop Youth Programs:** A unique space combining skill-building, fitness, recreation, and mental health resources, all in one place.
- **Expanded Mental Health Services:** Increased access to counseling and crisis support for youth, with a special focus on underserved populations.
- **Youth-Centered Design:** Welcoming, safe, and supportive, with spaces tailored specifically for youth input and needs.
- **Enhanced Accessibility:** Breaking down financial and geographical barriers to make mental health and wellness resources more available to vulnerable youth.

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Susan Frasson of the WC Wood Foundation said, "I am so grateful for The Grove and the Y and all they have to offer to our youth and this community. While these spaces will benefit youth, the reality is that it benefits everyone. The ripple effect will reach every aspect of life and reenergize our community. Happy, healthy youth make for a stronger, more vibrant community."

As mental health challenges among youth continue to rise, particularly after the COVID-19 pandemic, the YMCA and The Grove are committed to creating inclusive, stigma-free spaces where every young person can find the help they need.

About the YMCA of Three Rivers:
Serving the Guelph-Wellington, Stratford-Perth, and Waterloo Region communities, the YMCA of Three Rivers is committed to fostering healthier, more vibrant communities through inclusive programs and services. For more information, visit **ymcathreerivers.ca**.

About The Grove Hubs:
The Grove Youth Wellness Hubs Ontario- Wellington Guelph is a collaborative project, with the aim of providing youth ages 12-26 with the support they need to build positive, bright futures. The goal of The Grove Wellington Guelph is to build a more effective health and social service system, through integration and collaboration, to better meet the needs of youth in Wellington County & Guelph. Now an official Youth Wellness Hubs Ontario site, The Grove Wellington Guelph currently includes seven sites across Guelph and Wellington County utilizing the benefit of “one door”, with networking sites. At each site, youth will be given access to programs and services that provide guidance and support for the future. From education and career support to counselling and peer-to-peer programs, The Grove Wellington Guelph facilities will provide help and encouragement to every youth in the community. For more information, visit **Youth Mental Health | The Grove Hubs | Guelph**.

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