



THE LEAF



SUMMER 2026



FREE HEALTH & WELLNESS PROGRAMS

CONNECT WITH US

- 519-947-1000 ext 255
- selfmanagement@langs.org
- @WWSelfmanage
- @wwselfmanagement

SCAN TO VISIT OUR WEBSITE



3 Doors Down: Update from Women's Health and Wellness



We're excited to bring our Women's Health Program to the community! This program supports health and well-being at every stage of life and is welcoming to all people who may experience menstruation, pregnancy, or menopause. Our program focuses on helping people stay healthy and manage long-term health conditions. We will offer workshops and programs that build everyday skills, including healthy eating, staying active, prenatal medical care, managing stress, and learning life skills that support balance and well-being. These programs also give people chances to connect with others in a safe and supportive space. We're looking forward to getting this program up and running soon—stay tuned for more information!

Langs Community Picnic

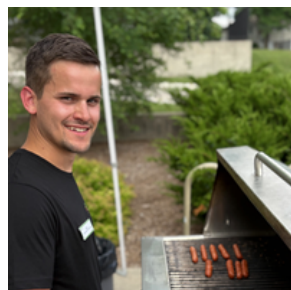
The Langs Community Picnic is on **Wednesday, July 8, 2026**. Join us for this fun-filled event for the entire family and all ages.

The event will include a barbecue, bouncy castle, kid's activities and more! Suggested admission is \$1 each, maximum of \$5 per family.

More info: Sandra, at 519-653-1470 ext. 232

Location: Langs Main Site, 1145 Concession Rd, Cambridge

Time: 4:00 - 7:00 pm



CONTACT US

Langs CHC & The HUB@1145
1145 Concession Road
Cambridge N3H 4L5
519-653-1470

Diabetes Education Program Waterloo Region
1145 Concession Road
Cambridge N3H 4L5
519-653-1470 Ext. 285

North Dumfries CHC & The Hub@2958
2958 Greenfield Road
Ayr NOB 1R0
519-632-1229

Grow Community Centre
1 Groh Avenue
Cambridge N3C 1Y6
519-248-4769

Regional Coordination Centre
6-150 Pinebush Road
Cambridge N1R 8J8
519-947-1000

YWHO Cambridge
1145 Concession Road
Cambridge N3H 4L5
519-653-1470 ext 361

THE LEAF

NEWSLETTER



SUMMER 2026



Hot Topic: Summer Safety

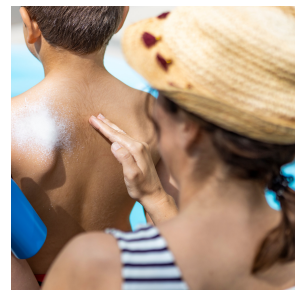
Summer is a time for outdoor fun in the sun and hopefully lots of great weather. Here are some simple reminders to prepare for safe summer days:

Stay cool in the heat: Keep cool, hydrated, and minimize your time in the sun between 11:00 am and 4:00 pm. Try to find shade, stay hydrated, visit cool buildings, bathe in cool water and wear light-coloured clothing.

When thunder roars, go indoors: Stay inside for at least 30 minutes after the last rumble of thunder. If you can hear thunder, you can get hit by lightning. Take shelter immediately in a sturdy, fully enclosed building with wiring and plumbing. If no solid building is available, take shelter in a metal-roofed vehicle.

Avoid the bugs - and their bite: Avoid being outdoors at dawn and dusk, when mosquitoes are most active. Keep in mind that ticks are often found along trail edges, mostly in wooded areas or tall grass. Light-coloured clothing is less attractive to mosquitoes and allows you to see ticks more easily.

Have a safe and happy Summer!



What's Inside

- Adult Programs
- Children & Youth Programs
- Free Wellness Programs



Langs Walking Track

Get out of the heat and enjoy a cool walk on our indoor, air-conditioned track!

Monday	8:00 am - 8:00 pm
Tuesday	8:30 am - 8:00 pm
Wednesday	8:00 am - 8:00 pm
Thursday	8:30 am - 8:00 pm
Friday	8:30 am - 4:00 pm
Saturday	8:30 am - 12:00 pm
Sunday	Closed

Cost:
\$2.00 for adults (17-49 yrs)
\$1.00 for older adults (50+ yrs)
\$1.00 for youth (5-16 yrs)

Visit our website www.langs.org or call 519-653-1470 ext. 224 for more information.

Hours are subject to change.

Children & Youth Programs

Grades 1-5: For more information, please contact Julia at ext. 219 or julial@langs.org.
Grades 6-12: For more information, please contact Taylor at ext. 287 or tayloro@langs.org.

Open Gym - Grades 1-5

Come out and play some fun games and meet new friends in the Langs gymnasium.

Days: Wednesdays, July 15 - August 12

Time: 6:00 - 7:00 pm

Cost: Free

Drop-in, no registration required.



Summer Camp - Grades 1-5

Join us this Summer for exciting water activities, crafts, games, outings, guest speakers and more! Each child may register for a maximum of 3 weeks.

Times: Monday to Friday, 9:00 am - 3:00 pm

Dates: June 29 - August 14

Cost: \$75 per week

Contact Erum to register, 519-248-4769 ext 3000 or erumn@langs.org



Leader in Training (LIT) - Grades 6-12

Join us in volunteering this Summer in our Summer Camp program! Help us create a safe and fantastic summer for our campers. All participants must have their LEAD certificate.

Times: Monday to Friday, 9:00 am - 3:00 pm

Dates: June 29 - August 14

Cost: Free

Registration: Contact Julia to apply at julial@langs.org or 519-653-1470 ext. 219



Youth Dinner - Ages 12-25

On the **third** Thursday of every month, youth are invited to join us for a **free** dinner. Bring some friends and meet new people! Each dinner offers a vegetarian and halal option as well.

Time: 5:00 - 6:00 pm

Hoops - Drop-In Grades 6-12

Hoops is a drop-in, 5-on-5 basketball program in the gym. If you're looking for some court time to work on basketball skills in a semi-competitive game, come join us. All skill levels welcome.

Days: Mondays & Wednesdays

Time: 7:00 - 8:00 pm

Cost: Free

Location: Langs Gym (1145 Concession Road)
Drop-in, fill a registration form on your first visit!



Dodgeball - Drop-In Ages 18+

Ages 18-25 are invited to join our new free recreational drop-in Dodgeball program! Expect fun games, friendly teams, and a welcoming space for all skill levels. Come play, move, and connect - no pressure, just dodgeball.

Day & Time: Tuesdays, 7:00-8:00pm

Fill in a registration form on your first visit.

Spark Skills - Ages 12-25

Join us every afternoon to learn a different set of skills! These free activities will change every three months and will include topics such as crochet, yoga, open gym and storytelling.

Dates & Times: Scan for this month's activities.



CHANGED LIVES, HEALTHY COMMUNITES



www.langs.org

Youth Mental Health Workshops

Our Mental Health Workshops are currently being offered twice a month and are an interactive, psychoeducational session that is designed to raise awareness, build a deeper understanding of self/the topic being discussed, and teach practical skills related to mental health and wellbeing.

Contact Laura at laural@langs.org or ext. 361 to register.

Youth Mental Health Services

Brief Intervention Services (BIS) provide short-term, goal-focused support to youth aged 12-25 experiencing mild to moderate mental health concerns.

BIS typically includes 4-6 sessions with a mental health professional. Sessions are rooted in measurement-based care as well as evidence-based care.

Contact Crystal to book your intake session at crystal@langs.org or ext 384.



YWHO Cambridge Programs - Ages 12-25

Langs, 2nd Floor - 1145 Concession Rd

For information about the programs we offer, please call Laura at ext. 361.

Drop-In Space

YWHO Cambridge offers a drop-in space where youth can create connections with others, enjoy a snack, play PS5, use our Nintendo Switch, play on our gaming computers, work on resumes, job search, create art in the Makerspace and more!

Days & Times:

Monday & Wednesday 12:00 pm - 8:00 pm

Tuesday 12:00 pm - 5:00 pm

Thursday 12:00 pm - 7:00 pm

Friday 12:00 pm - 4:00 pm

STEAM

Join our **free** STEAM Program for hands on activities in science, technology, engineering, art, and math. Each session is packed with fun projects, problem solving, and opportunities to explore new skills in a supportive, engaging space. This program is for youth entering grades 6-12 in September.

Days: Monday, Wednesday & Friday

Time: 1:00 - 2:30 pm

Contact Laura to register at ext. 361



Follow us @LangsCommunity



Adult Programs

Contact Barsha at 519-653-1470 ext. 228 or barshad@langs.org for more information or to register.



Live and Laugh

A program that focuses on health promotion, social, skill development, fun and recreational topics for adults of all ages!

Days: Wednesdays

Dates: Jul 15 - Aug 12

Time: 10:00 am - 12:00 noon

Cost: \$2.00 per week



Night Out - Bingo

A recreational, fun program that focuses on regular number bingo and other creative bingo games to challenge your mind. Snacks provided!

Days: Mondays, once a month

Dates: Jul 20 & Aug 17

Time: 6:30 - 7:45 pm

Cost: \$2.00

Walk and Talk

A volunteer-led stroll followed by coffee and tea!

Day: Thursdays

Dates: July 16 - Aug 13

Time: 1:30 pm - 2:30 pm

Cost: Free!

Trivia and Connections

Join us for an afternoon of fun, trivia, games, brainteasers, and more!

Day: Tuesdays

Dates: Jul 14 - Aug 4

Time: 1:00 - 2:30 pm

Cost: \$2.00 per week

