

BBBST FREE MONTHLY RESOURCES



JULY

Mo	Tu	We	Th	Fr	Sa	Su
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

MENTORING TIP

July is a month to try new things, encourage rest and relaxation, and review goals!



WEEK 1 JULY 1ST-12TH

JULY 1ST - CANADA'S DAY CELEBRATIONS (MULTIPLE LOCATIONS)

JULY 2ND - FINAL KICK BLOCK PARTY

JULY 3RD-5TH TASTE OF THE LAWRENCE

JULY 3RD-5TH TASTE OF THE MIDDLE EAST TORONTO FESTIVAL 2026

JULY 10TH GAME ON EAST END: OUTDOOR MOVIE NIGHT

JULY 11TH TORONTO SWAHILI SUMMER FESTIVAL

JULY 11TH - NEILSON PARK CREATIVE FESTIVAL

JULY 11TH-12TH THE 24TH FESTIVAL OF SOUTH ASIA 2026

JULY 11TH-12TH TD SALSA ON ST CLAIR STREET FESTIVAL

JULY 11TH-12TH WORLD FEST CANADA

WEEK 2 JULY 13TH-19TH

JULY 17TH COMMUNITY BBQ AND HANGOUT

JULY 18TH 27TH ANNUAL GWN SPORT REGATTA

JULY 18TH COMMUNITY ARTS CELEBRATION 2026

JULY 18TH + 19TH BIG ON BLOOR 20: BLOORDALES FESTIVAL OF ART AND CULTURE

JUNE 22ND - TORONTO CAREER FAIR AND TRAINING EXPO



ALL MONTH

TAKE A BREAK AT TRINITY SQUARE PARK

THE GREAT BEAVER QUEST

JULY 1ST-19TH HUMBER MATCH DAY HUB

UNTIL JULY 19TH DOWNTOWN YONGE INPLAY

PLAY THE PARKS LIVE CONCERTS

UNTIL JULY 19TH FOOTBALL WATCH PARTIES AT EVERGEEN BRICKWORKS

UNTIL JULY 19TH FIFA FAN FESTIVAL *REGISTRATION REQUIRED

YOGA IN TRILLIUM PARK

MOVIES UNDER THE STARS 2026



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WEEK 3 JULY 20TH-31ST

JULY 21ST FREE NIGHT AT THE MUSEUM

JULY 24TH-26TH PANAMERICAN FOOD AND MUSIC FESTIVAL

JULY 25TH-26TH GUILD ALIVE WITH CULTURE ART FESTIVAL 2026

JULY 25TH ALOHA FEST 10TH ANNIVERSARY EDITION

JULY 25TH - THE COOK OUT - STACKT MARKET

OTHER IDEAS

VISIT CENTER ISLAND

HAVE A PICNIC IN A PARK

GO FOR A WALK OR A HIKE ON ONE OF TORONTO' S TRAILS

GO FOR A BIKE, SCOOTER, ETC RIDE

VISIT A BEACH OR A PUBLIC POOL

VISIT RIVERDALE FARM

CREATE A SUMMER BUCKET LIST

HAVE A SELF-CARE FOCUSED OUTING

COOK OR BAKE TOGETHER



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