

# Skill Building & Wellness Activities: April 2024

225 East Main St, Welland (Mondays, Tuesdays, Thursdays, and Fridays)  
3643 Portage Rd, Niagara Falls (Wednesdays, NF Public Library Stamford Branch)

For youth  
ages 12-25  
\*No Cost\*

## Monday

## Tuesday



## Wednesday



## Thursday

## Friday

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Arts & Crafts Activities (painting, clay, collage making, etc.) Ages 18-25 (5-6:30pm)	Employment Workshop <b>(Resume and Cover Letters)</b> followed by drop-in employment support. Ages 14-25 (3:30 - 6:30pm)	<b>NEW</b> Open at the Niagara Falls Public Library - Stamford Branch  Lunch Bunch (11-12pm)	Ping-Pong Tournament, Board Games, Trivia Ages 12-17 (4:30-6:30pm)	Hub Open House Tours (10am-12pm)  Hub Drop-In Ages 12-17 (12-2 pm)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>*Alternate Hours*</b> Available by phone 9-5pm, please check social media for in-person activities	Employment Workshop <b>(Interview Skills)</b> followed by drop-in employment support. Ages 14-25 (3:30 - 6:30pm)	<b>NEW</b> Open at the Niagara Falls Public Library - Stamford Branch  Lunch Bunch (11-12pm)	Video Game Night Ages 12-17 (5:00-6:30pm)	Hub Open House Tours (10am-12pm)  Hub Drop-In Ages 18-25 (12-2pm)
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Arts & Crafts Activities (painting, clay, collage making, etc.) Ages 12-17 (5-6:30pm)	Employment Workshop <b>(Workplace Safety)</b> followed by drop-in employment support. Ages 14-25 (3:30 - 6:30pm)	<b>NEW</b> Open at the Niagara Falls Public Library - Stamford Branch  Lunch Bunch (11-12pm)	Ping-Pong Tournament, Board Games and Trivia Ages 18-25 (4:30-6:30pm)	Hub Open House Tours (10am-12pm)  Hub Drop-In Ages 12-17 (12-2 pm)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Reading / Homework Club Bring any books or unfinished work to the hub to tackle them in a quiet space. (Free Wifi) Ages 18-25 (5-6:30pm)	Employment Workshop <b>(Resume and Cover Letters)</b> followed by drop-in employment support. Ages 14-25 (3:30 - 6:30pm)	<b>NEW</b> Open at the Niagara Falls Public Library - Stamford Branch  Lunch Bunch (11-12pm)	Movie Night + Popcorn Film: Ages 12-17 (4:30-6:30pm)	Hub Open House Tours (10am-12pm)  Hub Drop-In Ages 18-25 (12-2pm)
<b>29</b>	<b>30</b>	<b>*NEW*</b>		
Movie Night + Popcorn Film: Ages 18-25 (4:30 - 6:30pm)	Employment Workshop <b>(Interview Skills)</b> followed by drop-in employment support. Ages 14-25 (3:30 - 6:30pm)			

**On Wednesdays the hub will be providing in-person services In Niagara Falls at the NF Public Library Stamford Branch (3643 Portage Rd, Niagara Falls) from 11am to 7pm. *Please note, our Welland location will be closed on Wednesdays.***

 **Hub Hours:** Monday - Thursday: 11-7pm, Friday: 10-2pm  
 Call **905-229-9946** or email **ywhn.signup@gmail.com**

  @ywhniagara  
[www.youthhubs.ca/niagara](http://www.youthhubs.ca/niagara)

# Hub Services

## Available by appointment

### Substance Use Counselling (EN)

Our counsellor provides counselling for substance use & concurrent disorders, client centered goal plans including abstinence, tapering use, harm reduction, clinical assessments & referrals as needed.

### Mental Health Counselling (EN)

Our counsellors provide brief solution-focused sessions dealing with stress, depression, anxiety, coping with difficult emotions, and providing referrals as needed.

### Primary Care Practitioner (EN)

Our Nurse Practitioner helps youth with concerns about their sexual health, physical health, mental health, general questions, and providing outside referrals as needed.

### Peer Support Program (EN/FR)

Our Youth Navigators provide emotional and practical supports, navigation support around mental health & substance use, as well as individual and group supports.

### Employment/IPS (EN)

Our Individual Placement & Support (IPS) worker is integrated into our mental health services to help youth find, secure, and keep meaningful employment, including resume building and interview skills.

### Care Coordination (EN)

Support with navigating community resources, such as mental health and substance use supports, connection with longer-term programming and coordination of hub & community services.

