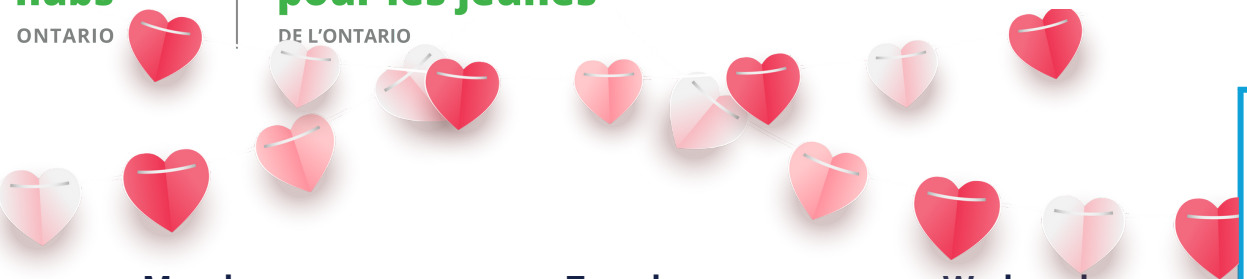


Skill Building & Wellness Activities: February 2024

225 East Main St, Welland ON (Ground Floor)

For youth ages 12-25
No Cost



Monday		Tuesday		Wednesday		Thursday		Friday	
5	Pizza Dinner & Trivia Night Ages 12-17 (5-6:30pm)	6	Employment Support (Cover Letter & Resume Review) Ages 14-25 (3:30 - 6:30 pm)	7	Hub Drop-In Ages 18-25 (2:30-4:00pm)	8	Video Game Night Ages 18-25 (5-6:30pm)	1	Hub Open House Tours (10am-12pm) Hub Drop-In Ages 12-17 (12-2 pm)
12	Pizza Dinner & Trivia Night Ages 18-25 (5-6:30pm)	13	Employment Support (Cover Letter & Resume Review) Ages 14-25 (3:30 - 6:30 pm)	14	Queer Social Ages 18-25 3-4:30pm Ages 12-17 5-6:30pm @ Quest CHC 145 Queenston St, St. Catharines ** Hub space will be CLOSED at 2:30pm**	15	Bingo/Board Game Night Ages 18-25 (4:30-6:30pm)	2	Hub Open House Tours (10am-12pm) Hub Drop-In Ages 18-25 (12-2pm)
19	STAT Holiday - Hub Closed	20	Employment Support (Cover Letter & Resume Review) Ages 14-25 (3:30 - 6:30 pm)	21	Bingo/Board Game Night Ages 12-17 (4:30-6:30pm)	22	Ping-Pong Tournament Ages 12-17 (4:30-6:30pm)	3	Hub Open House Tours (10am-12pm) Hub Drop-In Ages 18-25 (12-2pm)
26	Arts & Crafts Activities (painting, clay, collage making, etc.) Ages 18-25 (5-6:30pm)	27	Employment Support (Cover Letter & Resume Review) Ages 14-25 (3:30 - 6:30 pm)	28	Arts & Crafts Activities (painting, clay, collage making, etc.) Ages 12-17 (5-6:30pm)	29	Ping-Pong Tournament Ages 18-25 (4:30-6:30pm)	1	Hub Open House Tours (10am-12pm) Hub Drop-In Ages 12-17 (12-2 pm)

**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.

**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.

**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.

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.

**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.

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.



Hub Services

Available by
appointment