

Skill Building & Wellness Activities: March 2024

225 East Main St, Welland ON (Ground Floor)

For youth
ages 12-25
No Cost

Friday

1

Hub Open House Tours
(10am-12pm)

Hub Drop-In
Ages 12-17 (12-2 pm)

Monday

4

Reading / Homework Club
Bring any books or unfinished
work to the hub to tackle them in
a quiet space. (Free Wifi)
Ages 12-17 (5-6:30pm)

Tuesday

5

Employment Workshop (Resume
and Cover Letters) followed by
drop-in employment support.
Ages 14-25 (3:30 - 6pm)

Wednesday

6

Hub Drop-In
Ages 18-25 (2:30-4:00pm)

Thursday

7

Video Game Night
Ages 12-17 (5:00-6:30pm)

8

Hub Open House Tours
(10am-12pm)

Hub Drop-In
Ages 18-25 (12-2pm)

11



Pizza Lunch & Trivia
Ages 12-17 (12:30-2:30pm)

Pizza Dinner & Trivia Night
Ages 18-25 (5-6:30pm)



12

Bingo/Board Games
Ages 12-17 (12:30-2:30pm)

Movie Night (??)
Ages 18-25 (4:30-6:30pm)



13

Arts & Crafts Activities
(painting, clay, collage
making, etc.)
Ages 12-17 (12:30-2:30pm)

Bingo/Board Game Night
Ages 18-25 (4:30-6:30pm)



14

Ping-Pong Tournament
Ages 12-17 (12:30-2:30pm)

Ping-Pong Tournament
Ages 18-25 (4:30-6:30pm)



15

Hub Open House Tours
(10am-12pm)

Hub Drop-In
Ages 12-17 (12-2 pm)

18



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)

19

Employment Workshop
(Interview Skills) followed by drop-
in employment support.
Ages 14-25 (3:30 - 6pm)

20

Queer Social: Easter Crafts
Ages 12-17 (3:30-5pm)
Ages 18-25 (5-6:30pm)

21

Movie Night (film: Uncharted)
Ages 12-17 (4:30-6:30pm)

22

Hub Open House Tours
(10am-12pm)

Hub Drop-In
Ages 18-25 (12-2pm)

25

Arts & Crafts Activities
(painting, clay, collage
making, etc.)
Ages 18-25 (5-6:30pm)

26

Employment Workshop
(Workplace Safety) followed by
drop-in employment support.
Ages 14-25 (3:30 - 6pm)

27

Healthy Relationships
Workshop with Birchway
Niagara (Bath Bomb Making)
Ages 12-17 (4-5pm)
Ages 18-25 (5:30-6:30pm)

28

Video Game Night
Ages 18-25 (5:00-6:30pm)

29

Stat Holiday -
Hub **CLOSED**

Hub Hours: Monday - Thursday: 11-7pm, Friday: 10-2pm

Call **905-229-9946** or email **ywhn.signup@gmail.com**

@ywhniagara
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.

