






Skill Building & Wellness Activities: May 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

On Wednesdays the hub will be providing in-person services In Niagara Falls at the NF Public Library Stamford Branch Please note, our Welland location will be closed on Wednesdays.

		Wednesday 1		Thursday 2		Friday 3			
		 Open at the Niagara Falls Public Library : Stamford Branch Lunch Bunch (11-12pm) Switch Game Night: Just Dance Ages 12-17 (3-4pm) Ages 18-25 (5-6pm)		Pokémon Go Walk Age 18-25 (12:00pm-1:00pm) Age 12-17 (4:00pm-5:00pm)		Hub Open House Tours (10am-12pm) Hub Drop-In Ages 18-25 (12-2 pm)			
Monday 6 Jackbox Games & Pizza Ages 18-25 (3-4:30pm) Ages 12-17 (5-6:30pm)		 Tuesday 7 Employment Workshop followed by drop-in employment support. Ages 14-25 (4-6pm)		Wednesday 8 Open at the Niagara Falls Public Library : Stamford Branch Lunch Bunch (11-12pm) Reading / Homework Club Ages 12-17 (2:30-4pm) Ages 18-25 (5-6:30pm)		Thursday 9 Video Game Night Ages 18-25 (3-4:30pm) Ages 12-17 (5-6:30pm)		Friday 10 Hub Open House Tours (10am-12pm) Hub Drop-In Ages 12-17 (12-2pm)	
Monday 13 Mindfulness Walk Ages 12-17 (3-4:30pm) Ages 18-25 (5-6:30pm)		 Tuesday 14 Hub Drop-In Ages 18-25 (12-2pm) Ages 12-17 (4-6pm)		Wednesday 15 Open at the Niagara Falls Public Library : Stamford Branch Lunch Bunch (11-12pm) Switch Game Night: Mario Party Ages 12-17 (3-4pm) Ages 18-25 (5-6pm)		Thursday 16 Ping-Pong Tournament, Board Games and Trivia Ages 18-25 (3-4:30pm) Ages 12-17 (5-6:30pm)		Friday 17 Hub Open House Tours (10am-12pm) Hub Drop-In Ages 18-25 (12-2 pm)	
Monday 20 Closed - Stat Day		 Tuesday 21 Employment Workshop followed by drop-in employment support. Ages 14-25 (4-6pm)		Wednesday 22 Open at the Niagara Falls Public Library : Stamford Branch Lunch Bunch (11-12pm) Reading / Homework Club Ages 12-17 (2:30-4pm) Ages 18-25 (5-6:30pm)		Thursday 23 Movie Night + Popcorn Film: Paul Blart Mall Cop Ages 18-25 (4:30-6:30pm)		Friday 24 Closed - Professional Development Day	
Monday 27 Arts & Crafts Activities (painting, clay, collage making, etc.) Ages 18-25(3-4:30pm) Ages 12-17 (5-6:30pm)		 Tuesday 28 Merritt Island Lawn Games Age 18-25 (3:00pm-4:00pm) Age 12-17 (4:00pm-5:00pm)		Wednesday 29 Open at the Niagara Falls Public Library : Stamford Branch Lunch Bunch (11-12pm)		Thursday 30 Movie Night + Popcorn Film: Charlie and the Chocolate Factory Ages 12-17 (4:30-6:30pm)		Friday 31 Pride Prom - Govenor Simcoe High School Ages 14-18 (6-9pm) By registration, see flyer for details	

Hub Services

Available by
appointment



Hub Hours:

Monday - Thursday: 11-7pm
Friday: 10-2pm



Call **905-229-9946**

Email ywhn.signup@gmail.com

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.