

# Skill Building & Wellness Activities: June 2024



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

**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.**

June 8th  
Pride in the Park  
@Montebello  
Park in St. Catharines



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Air Dry Clay Sculpting &amp; Snacks Ages 18-25 (3:30-4:30pm) Ages 12-17 (5:30-6:30pm)</p>	<p>4</p> <p><b>NEW</b></p> <p>Employment Workshop followed by drop-in employment support. Ages 14-25 (4-6pm)</p>	<p>5</p> <p>Open at the Niagara Falls Public Library: Stamford Branch Lunch Bunch (11-12pm)</p> <p>Switch Game Night: Just Dance Ages 12-17 (3-4pm) Ages 18-25 (5-6pm)</p>	<p>6</p> <p>Pokemon Go Walk Ages 18-25 (1-2pm) Ages 12-17 (4-5pm)</p>	<p>7</p> <p>Hub Open House Tours (10am-12pm)</p> <p>Hub Drop-In Ages 12-17 (12-2pm)</p>
<p>10</p> <p>Paint Night - Refreshments Provided Ages 12-17 (3-4:30pm) Ages 18-25 (5-6:30pm)</p>	<p>11</p> <p><b>NEW</b></p> <p>Video Game Night &amp; Nachos Ages 18-25 (3-4:30pm) Ages 12-17 (5-6:30pm)</p>	<p>12</p> <p>Open at the Niagara Falls Public Library: Stamford Branch Lunch Bunch (11-12pm)</p> <p>Reading/Homework Club Ages 12-17 (3-4pm) Ages 18-25 (5-6pm)</p>	<p>13</p> <p>French Movie Night &amp; Popcorn film: Ratatouille Ages 12-17 (4:30-6:30pm)</p>	<p>14</p> <p>Hub Open House Tours (10am-12pm)</p> <p>Hub Drop-In Ages 18-25 (12-2 pm)</p>
<p>17</p> <p>Scavenger Hunt Walk Ages 18-25 (12-1pm) Ages 12-17 (4-5 pm)</p>	<p>18</p> <p><b>NEW</b></p> <p>Employment Workshop followed by drop-in employment support. Ages 14-25 (4-6pm)</p>	<p>19</p> <p>Open at the Niagara Falls Public Library: Stamford Branch</p> <p>Lunch Bunch (11-12pm)</p> <p>Pride Trivia Ages 12-17 (3:30-4:30pm) Ages 18-25 (5:30-6:30 pm)</p> 	<p>20</p> <p>Ping Pong Tournament Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30)</p>	<p>21</p> <p><b>CLOSED - Professional Development Day</b></p> <p>Available by phone</p>
<p>24</p> <p>Pizza Night &amp; Queer Social: Collage Making Ages 18-25 (12-1:30pm) Ages 12-17 (5-6:30pm)</p> 	<p>25</p> <p><b>NEW</b></p> <p>Mindfulness Walk Ages 18-25 (1-2:30pm) Ages 12-17 (3:30-5pm)</p>	<p>26</p> <p>Open at the Niagara Falls Public Library: Stamford Branch</p> <p>Lunch Bunch (11-12pm)</p> <p>Reading/Homework Club Ages 12-17 (3-4pm) Ages 18-25 (5-6pm)</p>	<p>27</p> <p>Planter Painting and Potting Ages 12-17 (3:30-5pm) Ages 18-25 (5:30-6:30pm)</p>	<p>28</p> <p>Hub Open House Tours (10am-12pm)</p> <p>Hub Drop-In Ages 18-25 (12-2 pm)</p>

# Hub Services

Available by  
appointment



**Hub Hours:**

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



Call **905-229-9946**

Email [ywhn.signup@gmail.com](mailto: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.