


Skill Building & Wellness Activities: July 2024

225 East Main St, Welland (Monday - Friday)

3643 Portage Rd, Niagara Falls (Wednesdays, NF Public Library Stamford Branch)

For youth
ages 12-25
No Cost

Monday	Tuesday	Wednesday	Thursday	Friday
1 Stat Day - CLOSED	2 Movie Night + Popcorn Film: Snow Dogs Ages 12-17 (4:30-6:30pm)	3 NF Library: Bracelet Making Ages 12-17 (11am-2pm) Ages 18-25 (3-6pm) Welland: Hub Drop-In Ages 12-17 (3-5pm)	4 Arts and Crafts Night - Snacks Included Age 18-25 (12-1pm) Age 12-17 (4-5pm)	5 Hub Open House Tours (10am-12pm) Hub Drop-In Ages 12-17 (12-2 pm)
8 Queer Social: Button Making Ages 12-17 (12-1:30pm) Ages 18-25 (5-6:30) 	9 Employment Workshop followed by drop-in employment support. Ages 14-25 (4-6pm)	10 NF Library: Switch Game Night Ages 18-25 (12-1:30pm) Ages 12-17 (3:30-5pm) Welland: Hub Drop-In Ages 18-25 (12-3pm)	11 Neurodivergent Get Together! Arts and Crafts Night - Pizza Provided Ages 12-17 (11:30-12:45pm) Ages 18-25 (5-6:15pm)	12 Bookmark Making Ages 12-17 (10-11:30am) Ages 18-25 (12-1:30pm)
15 Mindfulness Walk Ages 12-17 (1-2:30pm) Ages 18-25 (5-6:30pm)	16 Tea Party Ages 12-17 (12:30-2pm) Ages 18-25 (4-5:30pm)	17 NF Library: Air Dry Clay Sculpting Ages 18-25 (11am-12:30pm) Ages 12-17 (4-5:30pm) Welland: Painting! Ages 12-17 (11am-12:30pm) Ages 18-25 (4-5:30pm)	18 Macrame Ages 18-25 (12:30-1:30) Ages 12-17 (5:30-6:30)	19 Forth Annual Summer Social at Chippawa Park Pavillion 2 (11-2pm) <i>See Flyer for more info</i>
22 Geocaching Ages 12-17 (12-2pm) Ages 18-25 (3-5pm)	23 Employment Workshop followed by drop-in employment support. Ages 14-25 (4-6pm)	24 NF Library: Bookmark Making Ages 12-17 (1-3pm) Ages 18-25 (3:30-5:30pm) Welland: Hub Drop-In Ages 12-17 (12-3pm)	25 Collage Making Ages 18-25 (2:30-4pm) Ages 12-17 (11-12:30pm)	26 Air Dry Clay Sculpting - Snacks Provided Ages 12-17 (10-11:30am) Ages 18-25 (12-1:30pm)
29 Bracelet Making Ages 18-25 (3-4:30pm) Ages 12-17 (5-6:30pm)	30 Jenga Competition! Ages 12-17 (12-1pm) Ages 18-25 (4-5pm)	31 NF Library: Unlock-Escape Rooms Ages 18-25 (2:30-4) Ages 12-17 (5-6:30) Welland: CLOSED	<p>On Wednesdays the hub will be providing in-person services In Niagara Falls at the <u>NF Public Library Stamford Branch</u> Please note, our Welland location will be OPEN on Wednesdays for scheduled activities.</p>	

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.