


Skill Building & Wellness Activities: August 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 OPEN on Wednesdays for scheduled activities.

Monday	Tuesday	Wednesday	Thursday	Friday
5 CLOSED - Stat Day	6 Lawn Games @ Merritt Island Ages 18-25 (11:30-1pm) Ages 12-17 (1:15-2:45pm)	7 NF Library: Nintendo Switch Ages 12-17 (11am-2pm) Ages 18-25 (3-6pm) Welland: Hub Drop-in Ages 18-25 (3-5pm)	1 Thursday Painting! Ages 12-17 (11:30am-1pm) Ages 18-25 (4:30-6pm)	2 Friday Hub Open House Tours (10am-12pm) Hub Drop-In Ages 18-25 (12-2 pm)
12 Crochet Time! Ages 18-25 (3-4:30pm) Ages 12-17 (5-6:30pm)	13 NEW Employment Workshop followed by drop-in employment support. Ages 14-25 (4- 6pm)	14 NF Library: Hub Drop-In Ages 12-17 (11am-2pm) Ages 18-25 (3-6pm) Welland: Hub Drop-in Ages 12-17 (3-5pm)	8 Video Game Time - PS4 Ages 12-17 (12:30-2:30pm) Ages 18-25 (4-6pm)	9 Hub Open House Tours (10am-12pm) Tye Dye @ Merritt Island Ages 12-17 (12-1pm) Ages 18-25 (1-2pm)
19 Merritt Island Walk! - Meet There Ages 12-17 (3-4:30pm) Ages 18-25 (5-6:30pm)	20 NEW Neurodivergent Get Together!: Making Self Care Kits Ages 18-25 (11:30-12:45pm) Ages 12-17 (5-6:15pm)	21 NF Library: Bracelet Making Ages 12-17 (1-3pm) Ages 18-25 (4-6pm) Welland: Hub Drop-In Ages 18-25 (3:30-5:30pm)	15 Wellness Walk Ages 18-25 (12-1pm) Movie Night Ages 12-17 (4-6pm) film: In to the Woods	16 Movie & Popcorn Ages 18-25 (11am-1pm) Film: We Bought a Zoo
26 Understanding School Routines Transition to High School Questions/Support (12-1:30pm) Transition to Post Secondary Questions/Support (3-4:30pm)	27 NEW Employment Workshop followed by drop-in employment support. Ages 14-25 (4- 6pm)	28 NF Library: Understanding School Routines Transition to High School Questions/Support (12-1:30pm) Transition to Post Secondary Questions/Support (3-4:30pm) Welland: CLOSED	22 Queer Social: Shrinky Dink Keychain Ages 18-25 (12-1:30pm) Ages 12-17 (3-4:30pm) 	23 Magnet Making Ages 18-25 (10-11:30am) Ages 12-17 (12-1:30pm)
29 Giant Jenga Competition! Ages 12-17 (12-1pm) Ages 18-25 (4-5pm)	30 Arts & Crafts Activities Ages 18-25(10-11:30am) Ages 12-17 (12-1:30pm)			

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.