

Skill Building & Wellness Activities: December 2024

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

For youth
ages 12-25
No Cost





Monday

Tuesday

Wednesday

Thursday

Friday

<p>2</p> <p>Queer Social: Holiday Card Making Ages 12-17 (5-6:30pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>	<p>3</p> <p>Ornament Making & Hot Chocolate Ages 18-25 (4:30-6pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>	<p>4</p> <p>Open ONLY at the Niagara Falls Public Library: Stamford Branch Lunch Bunch (10:45-11:30am)</p> <p>Switch Games Ages 18-25 (12-1:30pm) Ages 12-17 (2:30-4pm)</p>	<p>5</p> <p>Ornament Making & Hot Chocolate Ages 12-17 (4:30-6pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>	<p>6</p> <p>Hub Drop-In Ages 18-25 (12-2pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>
<p>9</p> <p>Queer Social: Holiday Card making Ages 18-25 (5-6:30pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>	<p>10</p> <p>Employment Support Drop-In Ages 14-25 (4-6pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>	<p>11</p> <p>Open ONLY at the Niagara Falls Public Library: Stamford Branch Lunch Bunch (10:45-11:30am)</p> <p>Ginger Bread House Making Ages 12-17 (2:30-4pm) Ages 18-25 (4:30-6pm)</p>	<p>12</p> <p>Ping Pong Tournament Ages 18-25 (1-2pm) Ages 12-17 (3-4pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm) Hub Closed at 5pm</p>	<p>13</p> <p>Welland Hub Closed - Professional Development</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>
<p>16</p> <p>Neurodivergent Get Together: Garland Making Ages 12-17 (5-6:30pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>	<p>17</p> <p>Neurodivergent Get Together: Garland Making Ages 18-25 (5-6:30pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>	<p>18</p> <p>Open ONLY at the Niagara Falls Public Library: Stamford Branch Lunch Bunch (10:45-11:30am)</p> <p>Holiday Card Making 12-17 (2:30-4pm) Ages 18-25 (4:30-6pm)</p>	<p>19</p> <p>Rocket League - PS4 Ages 12-17 (3:30-4:30pm) Ages 18-25 (5-6pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>	<p>20</p> <p>Hub Drop-In Ages 18-25 (11-1pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>
<p>23</p> <p>Pizza & Movie Film: Noelle Ages 18-25 (3-5:30pm)</p> <p>Hub Closed at 6pm</p>	<p>24</p> <p>Pizza & Movie Film: Home Alone Ages 12-17 (3-5:30pm)</p> <p>Hub Closed at 6pm</p>	<p>25</p> <p>Closed - STAT Day</p>	<p>26</p> <p>Hub Open Virtually 10am-3pm</p> <p>Virtual Holiday Kahoot (See social media for link) Ages 12-25 (12:30-1:30pm)</p>	<p>27</p> <p>Hub Open Virtually 10am-2pm</p>
<p>30</p> <p>Air Dry Clay Sculpting Ages 12-17 (12-2pm) Ages 18-25 (3-5pm)</p> <p>Hub Closed at 6pm</p>	<p>31</p> <p>Vision Boards for the New Year Ages 18-25 (1-2:30pm) Ages 12-17 (3-4:30pm)</p> <p>Hub Closed at 6pm</p>	<p> Hub Hours: Monday - Thursday: 11-7pm, Friday: 10-2pm</p> <p> Call 905-229-9946 or email ywhn.signup@gmail.com</p> <p>@ywhniagara  </p> <p>youthhubs.ca/niagara</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 Social Workers provide brief therapeutic intervention through a variety of approaches. Support in dealing with stress, depression, anxiety, coping with difficult emotions, and providing referrals as needed.

Primary Care Practitioner (EN)

Our Nurse Practitioner (NP) helps youth with concerns about their sexual health, physical health, mental health, general questions, and providing outside referrals as needed. Although our NP does not require a Health Card some referrals may require one.



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/ Education (EN)

Individual Placement Support (IPS) worker is integrated with our mental health services to help youth secure and maintain meaningful jobs, build resumes, and improve interview skills. Our IPS worker also support educational goals by helping youth reconnect with school and continuing education..

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.