

Skill Building & Wellness Activities: November 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



Hub Hours: Monday - Thursday: 11-7pm, Friday: 10-2pm

@ywhniagara



Call **905-229-9946** or email ywhn.signup@gmail.com

youthhubs.ca/niagara

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Queer Social: Make Affirmation Jars 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>5</p> <p>FASD Get Together (by registration) Ages 12-18 (4:30-6:30pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>	<p>6</p> <p>Open ONLY at the Niagara Falls Public Library: Stamford Branch Lunch Bunch (10:45-11:30am)</p> <p>Switch Game Time Ages 12-17 (3-4:30pm) Ages 18-25 (5-6:30pm)</p>	<p>7</p> <p>Movie Night & Popcorn Film: The Parent Trap Ages 18-25(4-6:30pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>	<p>1</p> <p>Hub Drop-In/Open House Ages 12-17 (12-2pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>
<p>11</p> <p>Queer Social: Make Affirmation Jars 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>12</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>13</p> <p>Open ONLY at the Niagara Falls Public Library: Stamford Branch Lunch Bunch (10:45-11:30am)</p> <p>Switch Game Time Ages 18-25 (3-4:30pm) Ages 12-17 (5-6:30pm)</p>	<p>14</p> <p>Paint Night (Snacks Provided) 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>15</p> <p>Hub Drop-In/Open House Ages 12-17 (11-1pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>
<p>18</p> <p>Neurodivergent Get Together: Button Making/Craft Night 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>19</p> <p>Collage Making (Snacks Provided) Ages 12-17 (3-4:30pm) 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>20</p> <p>Open ONLY at the Niagara Falls Public Library: Stamford Branch Lunch Bunch (10:45-11:30am)</p> <p>Board Games (Snacks Provided) Ages 18-25 (4-5:30pm)</p> <p>Hub Closed at 6pm</p>	<p>21</p> <p>Movie Night & Popcorn Film: The Lion King Ages 12-17 (4-6:30pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>	<p>22</p> <p>Hub Drop-In/Open House Ages 18-25 (12-2pm)</p> <p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</p>
<p>25</p> <p>Neurodivergent Get Together: Button Making/Craft Night 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>26</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>27</p> <p>Open ONLY at the Niagara Falls Public Library: Stamford Branch Lunch Bunch (10:45-11:30am)</p> <p>Board Games (Snacks Provided) Ages 12-17 (4-5:30pm)</p>	<p>28</p> <p>Paint Night (Snacks Provided) 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>29</p> <p>Hub Drop-In/Open House Ages 12-17 (12-2pm)</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.