

# Skill Building & Wellness Activities: January 2025

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

Call **905-229-9946** or email [ywhn.signup@gmail.com](mailto:ywhn.signup@gmail.com)

@ywhniagara  
Monday [youthhubs.ca/niagara](http://youthhubs.ca/niagara) Tuesday

		Wednesday	Thursday	Friday
		1 <b>Closed - STAT Day</b>	2 Bracelet Making Ages 12-17 (12:30-2pm) Ages 18-25 (4-5:30pm) <i>Hub Closed at 6pm</i>	3 Hub Drop-In Ages 12-17 (12-2pm)
6 Queer Social: Crochet Night Ages 12-17 (5-6:30pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>	7 Employment Support Drop-In Ages 14-25 (4-6pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>	8 <b>Open ONLY at the Niagara Falls Public Library: Stamford Branch</b> Lunch Bunch (10:45-11:30am)  Chill & Board Game Social Ages 12-17 (2:30-4pm) Ages 18-25 (4:30-6pm)	9 Ping Pong Tournament Ages 18-25 (1-2pm) Ages 12-17 (3-4pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>	10 Hub Drop-In Ages 18-25 (12-2pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>
13 Queer Social: Crochet Night Ages 18-25 (5-6:30pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>	14 Movie Night & Popcorn Film: Alice Through the Looking Glass Ages 12-17 (4:30-6:30pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>	15 <b>Open ONLY at the Niagara Falls Public Library: Stamford Branch</b> Lunch Bunch (10:45-11:30am)  Switch Game Time Ages 12-17 (2:30-4pm) Ages 18-25 (4:30-6pm)	16 Movie Night & Popcorn Film: Oz the Great and Powerful Ages 18-25 (4:30-6:30pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>	17 Hub Drop-In Ages 12-17 (11-1pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>
20 Neurodivergent Get Together: DIY Slime Ages 12-17 (5-6:30pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>	21 Employment Support Drop-In Ages 14-25 (4-6pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>	22 <b>Open ONLY at the Niagara Falls Public Library: Stamford Branch</b> Lunch Bunch (10:45-11:30am)  Hub Drop-in Ages 12-17 (12-2pm) Ages 18-25 (4-6pm)	23 Video Game Night - PS4 Ages 12-17 (3-4pm) Ages 18-25 (5-6pm)	24 Hub Drop-In Ages 18-25 (12-2pm)
27 Neurodivergent Get Together: DIY Slime Ages 18-25 (5-6:30pm)	28 Paint Night Ages 12-17 (3:30--5pm)	29 <b>Open ONLY at the Niagara Falls Public Library: Stamford Branch</b>  Switch Game Time 12-17 (1-2:30pm) Ages 18-25 (4-5:30pm)	30 Paint Night Ages 18-25 (3:30--5pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>	31 Hub Drop-In Ages 12-17 (12-2pm) <b>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm)</b>

# Hub Services

Available by  
appointment



**Hub Hours:**

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



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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 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.