

















Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><i>Open ONLY in Welland</i></p> <p>Queer Social: Pride Trivia Ages 18-25 (3:45-4:45)</p> 	<p>2</p> <p>Employment Support Drop-In (Ages 14-25) & Hub Homework Space (Ages 12-25) (4-6pm)</p>	<p>3</p> <p>Art Journaling Group Ages 12-17 (4-5pm) Call or Email to Register</p> <p>Hub Closed at 5pm</p>	<p>4</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper Call or Email to Register</p> 	<p>5</p>  <p>Pride Prom See Flyer for information</p>
<p>8</p> <p><i>Open ONLY at the Niagara Falls Community Health Center</i></p> <p>Painting Ages 18-25 (1-2:30pm) Ages 12-17 (3-4:30pm)</p>	<p>9</p> <p>Board Game Cafe and Therapy Dog Drop-In Ages 12-17 (3-5pm)</p> 	<p>10</p> <p>Art Journaling Group Ages: 18-25 (4-5pm) Call or Email to Register</p> <p>Newcomer Connection Circle Ages 12-25 (5-6:30pm)</p>	<p>11</p> <p>Sexual Health Clinic Drop-In (Niagara Region Public Health) Ages 12-25 (3-5pm)</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos Call or Email to Register</p> 	<p>12</p> <p>Friday Reading Lounge Ages 12- 25 (12-2pm)</p>
<p>15</p> <p><i>Open ONLY in Welland</i></p> <p>Queer Social: Pride Trivia Ages 12-17 (3:45-4:45)</p> 	<p>16</p> <p>★ Employment Support Drop-In (Ages 14-25) & Hub Homework Space (Ages 12-25) (4-6pm)</p> <p>Last Day of After School Program until September</p>	<p>17</p> <p>Hub CLOSED for Professional Development</p>	<p>18</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper Call or Email to Register</p> 	<p>19</p> <p>Friday Reading Lounge Ages 12- 25 (12-2pm)</p> 
<p>22</p> <p><i>Open ONLY at the Niagara Falls Community Health Center</i></p> <p>Air Dry Clay Sculpting Ages 18-25 (1-2:30pm) Ages 12-17 (3-4:30pm)</p>	<p>23</p> <p>Board Game Cafe and Therapy Dog Drop-In Ages 18-25 (3-5pm)</p> 	<p>24</p> <p>Art Journaling Group Ages: 12-17 (4-5pm) Call or Email to Register</p> <p>Newcomer Connection Circle Ages 12-25 (5-6:30pm)</p>	<p>25</p> <p>Sexual Health Clinic Drop-In (Niagara Region Public Health) Ages 12-25 (3-5pm)</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos Call or Email to Register</p> 	<p>26</p> <p>Friday Reading Lounge Ages 12- 25 (12-2pm)</p>
<p>29</p> <p><i>Open ONLY in Welland</i></p> <p>Mario Kart Tournament Ages 18-25 (1-2pm) Ages 12-17 (3:45-4:45pm)</p> 	<p>30</p> <p>Employment Support Drop-In (Ages 14-25) & Hub Homework Space (Ages 12-25) (4-6pm)</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> youthhubs.ca/niagara   @ywhniagara</p>		<p>Niagara Falls After School Program at the Stamford Library: Grades 9-12 (2-4:30pm) Monday, Tuesday, Thursday, & Friday</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/ES)

Emotional and practical supports are available, including navigation of mental health, substance use, and community resources, along with individual and group supports. In partnership with Bridges, we also provide newcomer-specific peer support.

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..

Substance Use Care Coordination (EN)

One-on-one care coordination and case management to ensure seamless transition from hospital to community services. Access to integrated supports at Youth Wellness Hubs and referrals to other community based services such as housing, financial, food security and more.