youth wellness hubs ONTARIO | carrefours bien-être pour les jeunes DE L'ONTARIO

Skill Building & Wellness Activities: November 2026

225 East Main St, Welland *(Monday - Friday)*

4790 Victoria Ave, Niagara Falls (Niagara Falls Community Health Centre (First Monday of the Month)

For youth ages 12-25 *No Cost*

Monday	Tuesday	Wednesday	Thursday	Friday
2 ***Open ONLY at the Niagara Falls Community Health Centre*** Boys & Young Men Group: At After School Program @ Stamford Library Ages 12-18 (2-4:30pm) Call or Email to Register	**3** Employment Support Drop-In (Ages 14-25) & Hub Homework Space (Ages 12-25) (4-6pm)	**4** Niagara Region Public Health Nurse Drop-In Ages 12-25 (3-5pm) Art Journaling Group Ages: 12-25 (4-5:30pm) *Call or Email to Register*	**5** Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos *Call or Email to Register*	**6** ***Open by Appointment Only***
9 **Open ONLY in Welland** Queer Social: Make a Poppy Wreath Ages 18-25 (3-4:30pm)	**10** Boys & Young Men's Group: Board Games and Emotional Regulation Ages 12-25 (5-6:30pm) *Call or Email to Register*	**11** Newcomer Connection Circle: Poppies of Remembrance Ages 12-25 (4-5:30pm)	**12** Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper *Call or Email to Register*	**13** ***Open by Appointment Only***
16 **Open ONLY in Welland** Boys & Young Men's Group: Cooking at the Hub Ages 12-25 (3-4:30pm) *Call or Email to Register*	**17** Employment Support Drop-In (Ages 14-25) & Hub Homework Space (Ages 12-25) (4-6pm)	**18** **OPEN AT 1:00PM** Niagara Region Public Health Nurse Drop-In Flu & COVID Shots Available Ages 12-25 (3-5pm) Art Journaling Group Ages: 12-25 (4-5:30pm) *Call or Email to Register*	**19** Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos *Call or Email to Register*	**20** ***Open by Appointment Only***
23 **Open ONLY in Welland** Queer Social: Make a Winter Wreath Ages 12-17 (3-4:30pm)	**24** Boys & Young Men's Group: Tower Takedown and the "Male Code" Ages 12-25 (5-6:30pm) *Call or Email to Register*	**25** Newcomer Connection Circle: Cooking Soup Together Ages 12-25 (4-5:30pm)	**26** Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper *Call or Email to Register*	**27** ***Open by Appointment Only***
30 **Open ONLY in Welland** Boys & Young Men's Group: Super Smash Bros Tournament Ages 12-25 (3-4:30pm) *Call or Email to Register*				

Niagara Falls After School Program at the Stamford Library:
Grades 9-12 (2-4:30pm)
Monday, Tuesday, Thursday, & Friday
(3643 Portage Road, Niagara Falls)

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Hub Services

Available by appointment

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.

Public Health Nurse (EN):
A Public Health Nurse visits twice a month to support youth with general health questions, sexual health, healthy relationships, vaccinations, and referrals to additional services as needed.



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.

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

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

youthhubs.ca/niagara

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