

# Skill Building & Wellness Activities: July 2025

225 East Main St, Welland (Tuesday - Friday)

4790 Victoria Ave, Niagara Falls (Niagara Falls Community Health Center (Mondays))

For youth  
ages 12-25  
\*No Cost\*

Please note our Welland location will be undergoing renovations July 7-31. Activity locations will be upstairs at Job Gym, unless otherwise specified.



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



**Open ONLY at the Niagara Falls Community Health Center**  
Game: Tapple  
Ages 12-17 (1-2pm)  
  
Cooking with the Hub: Macaroni Salad  
Ages 12-25 (5-6:30pm)  
Call or Email to Register

Employment Support Drop-In  
Ages 14-25 (4-6pm)

Join us at **H.H. Knoll Lakeview Park (Port Colborne)** for fresh fruit and fun games!  
Ages 12-25 (10-1pm)

Dungeons & Dragons  
Ages 12-25 (3:30-6:30pm)  
  
Art Journaling Group  
Ages 12-25 (4-5pm)  
Call or Email to Register

*Open By Appointment Only*



**Open ONLY at the Niagara Falls Community Health Center**  
Game: Tapple  
Ages 18-25 (1-2pm)  
  
Cooking with the Hub: Chicken Quessadilas  
Ages 12-25 (5-6:30pm)  
Call or Email to Register

*Open By Appointment Only*

Come hang out at **Crystal Beach Waterfront Park (Fort Erie)** for free fruit, games, and good vibes  
Ages 12-25 (11-2pm)

Art Journaling Group  
Ages 12-25 (4-5pm)  
Call or Email to Register

**Fifth Annual Summer Social**  
at Chippawa Park Pavillion 2 (11-2pm)  
See Flyer for more info



**Open ONLY at the Niagara Falls Community Health Center**  
Game: Taco Cat Goat Cheese Pizza  
Ages 12-17 (1-2pm)  
  
Cooking with the Hub: Oatmeal Chocolate Chip Cookies  
Ages 12-25 (5-6:30pm)  
Call or Email to Register

Employment Support Drop-In  
Ages 14-25 (4-6pm)

Forest Therapy at **Merritt Island**  
Ages 12-25 (2-5pm)  
Call or Email to Register

Dungeons & Dragons  
Ages 12-25 (3:30-6:30pm)  
  
Art Journaling Group  
Ages 12-25 (4-5pm)  
Call or Email to Register

*Open By Appointment Only*



**Open ONLY at the Niagara Falls Community Health Center**  
Game: Taco Cat Goat Cheese Pizza  
Ages 18-25 (1-2 pm)  
  
Cooking with the Hub: Make Lemonade  
Ages 12-25 (5-6:30pm)  
Call or Email to Register

*Open By Appointment Only*

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Art Journaling Group  
Ages 12-25 (4-5pm)  
Call or Email to Register



**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

[youthhubs.ca/niagara](http://youthhubs.ca/niagara)

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# 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.