



# Skill Building & Wellness Activities: August 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\*

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Hub Hours: Monday - Thursday: 11-7pm, Friday: 10-2pm				Friday
Call <b>905-229-9946</b> or email <b>ywhn.signup@gmail.com</b>				1
				Come in and see our renovated space!
			Ages 12-25 (12-2pm)	
Monday	Tuesday	Wednesday	Thursday	
4	5	6	7	8
	Crochet Worry Worm Ages 12-17 (1-2:30pm)	Movie Morning: Elemental Ages 12-17 (11-12:30pm)	Dungeons & Dragons Ages 12-25 (3:30-6:30pm)	Walk to Library - Get a library card,
STAT DAY - CLOSED		Cooking with the Hub: Smoothies Ages 12-25 (5-6:30pm) Call or Email to Register	Art Journaling Group	take a book out, or get a game
	Employment Support Drop-In Ages 14-25 (4-6pm)	Call or Email to Register	Art Journaling Group Ages 12-25 (4-5pm) Call or Email to Register	Ages 18-25 (12-1:30pm)
NEW 11	12	13	14	15
Open ONLY at the Niagara Falls Community Health Center	Sidewalk Chalk Art		Wellness Walk	
Board Games!! Ages 12-17 (1-2:30 pm)	Ages 18-25 (1-2:30pm)	Queer Social: Karaoke Night Ages 12-17 (1-2:30pm)	Ages 12-17 (11-12pm)	Hub Drop-in
Cooking with the Hub: Dill Pickle Dip	Felt Patch Ornament Workshop Ages 12-25 (3:30-5pm)	Ages 18-25 (5-6:30pm)	Art Journaling Group Ages 12-25 (4-5pm) Call or Email to Register	Ages 18-25 (12-2pm)
Dip Ages 12-25 (5-6:00pm) Call or Email to Register	//gcs 12 23 (3.30 3pm)		Can or Email to Register	
NEW		,		
18	19	20	21	22
Open ONLY at the Niagara Falls Community Health Center Paint Time!	Crochet Worry Worm oo Ages 18-25 (1-2:30pm)	Movie Morning: Minecraft Movie Ages 18-25 (11-12:30pm)	Dungeons & Dragons Ages 12-25 (3:30-6:30pm)	Walk to Library - Get a library card,
Paint Time! Ages 12-17 (1-2:30 pm)	Franciscus ant Supplied Draw In	Cooking with the Hub: Taco Night	Art Journaling Group Ages 12-25 (4-5pm)	take a book out, or get a game
Ages 18-25 (5-6:30pm)	Employment Support Drop-In Ages 14-25 (4-6pm)	Ages 12-25 (5-6:30pm) Call or Email to Register	Ages 12-25 (4-5pm) Call or Email to Register	Ages 12-17 (12-1:30pm)
NEW			730	
25	26	27	28	29
Open ONLY at the Niagara Falls Community Health Center			Wellness Walk	
Board Games!! Ages 18-25 (1-2:30 pm)	Sidewalk Chalk Art Ages 12-17 (1-2:30pm)	Neurodivergent Get Together: Bird House Painting	Ages 18-25 (11-12pm)	Hub Drop-in
Cooking with the Hub: Fruit Salad	Bi Lateral Drawing Workshop	Ages 12-17 (1-2:30pm)	Art Journaling Group	Ages 18-25 (12-2pm)
Ages 12-25 (5-6:00pm) Call or Email to Register	Ages 12-25 (3:30-5pm)	Ages 18-25 (5-6:30pm)	Ages 12-25 (4-5pm) Call or Email to Register	





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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.

# 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.

### 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.



#### **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..

#### **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 referals may require one.

#### **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.