



### Skill Building & Wellness Activities: October 2025

225 East Main St, Welland (Tuesday - Friday)

4790 Victoria Ave, Niagara Falls (Niagara Falls Community Health Center (Mondays) 3643 Portage Rd, Niagara Falls (NF Public Library Stamford Branch - After School Program)



Hub Hours: Monday - Thursday:	Niagara Falls After School	Wednesday	Thursday	Friday
11-7pm, Friday: 10-2pm  Call 905-229-9946 or email ywhn.signup@gmail.com  youthhubs.ca/niagara @ywhniagara Monday	Program at the Stamford Library: Grades 9-12 (2-4:30pm) Monday, Tuesday, Thursday, & Friday Tuesday	<b>1</b> Art Journaling Group Ages 12-25 (4-5pm) <i>Call or Email to Register</i>	Dungeons & Dragons Ages 12-25 (4-6:30pm)	<b>3</b> Hub Drop-In Ages 18-25 (12-2pm)
Open ONLY at the Niagara Falls Community Health Center Bridge Building Contest Ages 18-25 (2-3pm) Ages 12-17 (4-5pm)	<b>7</b> Employment Support Drop-In Ages 14-25 (4-6pm)	Art Journaling Group Ages 12-25 (4-5pm) Call or Email to Register  Cooking with the Hub: Pumpkin Pie Tarts Ages 12-25 (5-6:30pm) Call or Email to Register	<b>9</b> Bingo Ages 12-17 (4-5pm)	Switch: Mario Kart Tournament Ages 12-17 (10am-12pm) Ages 18-25 (12-2pm) AFTER SCHOOL PROGRAM - CLOSED
CLOSED - STAT HOLIDAY	Queer Social: Embroidery Hoop, Fall Leaf Art Ages 12-17 ( 4-5pm) Ages 18-25 (5:30-6:30pm) Call or Email to Register	Art Journaling Group Ages 12-25 (4-5pm) Call or Email to Register	Dungeons & Dragons Ages 12-25 (4-6:30pm)	<b>17</b> Hub Drop-In Ages 12-17 (12-2pm)
Open ONLY at the Niagara Falls Community Health Center Pipe Cleaner Pumpkins Ages 18-25 (2-3pm) Physical Hub Space Closed at 5pm	Employment Support Drop-In Ages 14-25 (4-6pm) Physical Hub Space Closed at 6pm	Art Journaling Group Ages 12-25 (4-5pm) Call or Email to Register  Cooking with the Hub: Stuffed Jack- o-lantern Peppers Ages 12-25 (5-6:30pm) Call or Email to Register	Bingo Ages 18-25 (4-5pm) <b>Physical Hub Space Closed at 5pm</b>	<b>24</b> Hub Drop-In  Ages 18-25 (12-2pm)
Open ONLY at the Niagara Falls Community Health Center Pipe Cleaner Pumpkins Ages 12-17 (4-5pm)	Neurodivergent Get Together: Crochet Autumn Coasters Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)	Art Journaling Group Ages 12-25 (4-5pm) Call or Email to Register	Dungeons & Dragons Ages 12-25 (4-6:30pm)	Quick Trick-or-treat in costume Ages 18-25 (10am-11:30pm)  Ages 12-17 (12:30-2pm)





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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.