

carrefours bien-être pour les jeunes DE L'ONTARIO

**Monday** 

Skill Building & Wellness Activities: December 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) Tuesday Wednesday **Thursday** 

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

**Friday** 

Open ONLY at the Niagara Falls Community Health Center Board Game Cafe Ages 18-25 (3:45-4:45pm) Hub Drop-In Ages 18-25 (2:30-3:30pm) **Dungeons & Dragons** Holiday Card Making Ages 12-17 (4-5:30pm) Holiday Craft Time Ages 12-17 (12:30-2pm) Ages 12-25 (4-6:30pm) Art Journaling Group Ages 12-17 (4-5pm) Call or Email to Register 8 10 11 Art Journaling Group Ages 18-25 (4-5pm) Call or Email to Register **Open ONLY at the Niagara Falls** Holiday Card Making **Community Health Center** Holiday Craft Time Employment Support Drop-In Ages 14-25 (4-6pm) Cooking with the Hub: Cookie Decorating Ages 12-25 (5-6:30pm) Call or Email to Register Ages 18-25 (4 - 5:30pm) Board Game Cafe Ages 18-25 (12:30-2pm) Ages 12-17 (3:45-4:45pm) 19 17 15 16 **OPEN AT 12:30PM Open ONLY at the Niagara Falls** Hub Drop-In Community Health Center Salt Dough Ornament Making **Dungeons & Dragons** Hub Drop-In Ages 12-17 (2:30-3:30pm) Found Object Painting Ages 12-17 (4-5:30pm) Ages 12-25 (4-6:30pm) Ages 12-17 (12-2pm) Ages 18-25 (2-3pm) Salt Dough Ornament Making Ages 12-17 (3:45-4:45pm) Ages 18-25 (4-5:30pm) 26 22 24 25 23 **OPEN in WELLAND ONLY Snow Globe Making** Holiday Brunch Gingerbread People Decorating Ages 12-17 (11-12:30pm) Ages 12-17 (1-2pm) Ages 12-25 (11am-4pm) Ages 18-25 (4-5pm) Call or Email to Register Ages 18-25 (3:30-5pm) STAT HOLIDAY - CLOSED STAT HOLIDAY - CLOSED **CLOSED at 6PM CLOSED at 5PM CLOSED** at 6pm **After School Program - CLOSED** After School Program - CLOSED 31

**OPEN in WELLAND ONLY** 

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Neurodivergent Get Together: Snow Globe Goal Making Ages 18-25 (1-2 pm) Ages 12-17 (3:30-4:30pm)

**CLOSED at 6PM After School Program - CLOSED** 

Queer Social: How to Bullet Journal Ages 12-17 (11-1pm) Ages 18-25 (3-5pm) Call or Email to Register

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**CLOSED at 6PM After School Program - CLOSED** 

Movie Day Film: Narnia: The Lion, The Which. and The Wardrobe Ages 12-17 (11-1:30pm)

Film: Edward Scissorhands Ages 18-25 (2-4pm)

**CLOSED** at 5pm

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



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



vouthhubs.ca/niagara

@ywhniagara

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





**DE L'ONTARIO** 

## **Hub Services**

Available by appointment

### **Hub Hours:**

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



# 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.