

wellness

your way

youth

wellness

hubs

ONTARIO

carrefours

bien-être

pour les jeunes

DE L'ONTARIO

nous

sommes là

pour vous

Skill Building & Wellness Activities: January 2026

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)

For youth

ages 12-25

No Cost

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

Call 905-229-9946 or

email ywhn.signup@gmail.com

@ywhniagara

youthhubs.ca/niagara

Niagara Falls After School

Program at the Stamford Library: Grades 9-12 (2-4:30pm)

Monday, Tuesday, Thursday, & Friday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<div>5</div> <div>Open ONLY at the Niagara Falls Community Health Center</div> <div>Air Dry Clay</div> <div>Ages 18-25 (2-3pm)</div> <div>Ages 12-17 (3:45-4:45pm)</div>	<div>6</div> <div>Employment Support Drop-In & Hub Homework Space</div> <div>Ages 14-25 (4-6pm)</div>	<div>7</div> <div>Art Journaling Group</div> <div>Ages 12-17 (4-5pm)</div> <div>Call or Email to Register</div> <div>Cooking with the Hub: Nanaimo Bar</div> <div>Ages 12-25 (5-6:30pm)</div> <div>Call or Email to Register</div>	<div>1</div> <div>STAT HOLIDAY - CLOSED</div>	<div>2</div> <div>Virtual Only</div> <div>After School Program - CLOSED</div>
<div>NEW</div> <div>12</div> <div>Open ONLY in Welland</div> <div>Magic Mondays:</div> <div>Magic the Gathering</div> <div>Ages 12-25 (4-6pm)</div>	<div>13</div> <div>Neurodivergent Get Together: Sock Monkeys</div> <div>Ages 12-17 (4-5pm)</div> <div>Ages 18-25 (5:30-6:30pm)</div>	<div>14</div> <div>Art Journaling Group</div> <div>Ages 18-25 (4-5pm)</div> <div>Call or Email to Register</div>	<div>15</div> <div>Dungeons & Dragons</div> <div>Ages 12-25 (4-6:30pm)</div> <div>Team: Whisper</div> <div>Call or Email to Register</div>	<div>16</div> <div>Hub Drop-In</div> <div>Ages 12-17 (12-2pm)</div>
<div>NEW</div> <div>19</div> <div>Open ONLY at the Niagara Falls Community Health Center</div> <div>Bracelet Making</div> <div>Ages 18-25 (2-3pm)</div> <div>Ages 12-17 (3:45-4:45pm)</div>	<div>20</div> <div>Employment Support Drop-In & Hub Homework Space</div> <div>Ages 14-25 (4-6pm)</div>	<div>21</div> <div>OPEN AT 12:30pm</div> <div>Art Journaling Group</div> <div>Ages 12-17 (4-5pm)</div> <div>Call or Email to Register</div> <div>Cooking with the Hub: Cabbage Roll Soup</div> <div>Ages 12-25 (5-6:30pm)</div> <div>Call or Email to Register</div>	<div>22</div> <div>Dungeons & Dragons</div> <div>Ages 12-25 (4-6:30pm)</div> <div>Team: Chaos</div> <div>Call or Email to Register</div> <div>Sexual Health Clinic Drop-In (Niagara Region Public Health)</div> <div>Ages 12-25 (3-5pm)</div>	<div>23</div> <div>Mario Kart Tournament</div> <div>Ages 18-25 (10am-11:30am)</div> <div>Ages 12-17 (12:30-2pm)</div>
<div>26</div> <div>Open ONLY in Welland</div> <div>Adulting 101: House Cleaning</div> <div>Ages 15-25 (4-5pm)</div> <div>After School Program - CLOSED</div>	<div>27</div> <div>Queer Social: Button Making</div> <div>Ages 12-17 (4-5pm)</div> <div>Ages 18-25 (5:30-6:30pm)</div> <div>After School Program - CLOSED</div>	<div>28</div> <div>Art Journaling Group</div> <div>Ages 18-25 (4-5pm)</div> <div>Call or Email to Register</div>	<div>29</div> <div>Dungeons & Dragons</div> <div>Ages 12-25 (4-6:30pm)</div> <div>Team: Whispers</div> <div>Call or Email to Register</div> <div>After School Program - CLOSED</div>	<div>30</div> <div>Mario Kart Tournament</div> <div>Ages 18-25 (10am-11:30am)</div> <div>Ages 12-17 (12:30-2pm)</div> <div>After School Program - CLOSED</div>

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.