



**YOUTH WELLNESS
HUB NIAGARA**
CARREFOUR BIEN-ÊTRE
DES JEUNES DU NIAGARA



Did you know you can access the following services through the Youth Wellness Hub Niagara?



**Mental
Health
Counsellors**



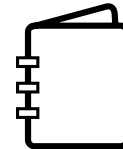
**Nurse
Practitioner**



**Substance
Use
Counsellor**



**Mental
Health
Caseworker**



**Employment
& Education
Assistance**



**Recreational
Activities**

How do I Access Services?

Accessing services is easy! Our Youth Navigators (YN) are here to assist you with accessing the right services. **Call or DM** us on Instagram or Facebook to start the process.



**Connect
with one of
our Youth
Navigators**



**Our YN's will
help you
determine
what
service(s) is
right for you**



**A service
provider will
contact you
to schedule
an
appointment**

Contact one of our Youth Navigators today:



905-229-9946



@YWHNiagara

www.youthhubs.ca/niagara