

July 2022 Services & Activities

225 East Main St,
Welland ON
(Ground Floor)



Monday

Mental Health
Counselling
(by appointment)

Peer Support
(by appointment)

Employment/IPS
(by appointment)

Tie-Dye
July 11th
(12-1:30pm)

Substance Use
Counselling
(4-8pm)

TV + Popcorn Night
July 4, 18
(5-7:30pm)

Tuesday

Hub Drop-In Activities
Ages 12-17 (12-1:30pm)
Ages 18-25 (1:30-3pm)

Ping Pong Tournament
Ages 12-17 (12-1:30pm)
Ages 18-25 (1:30-3pm)

Mental Health
Counselling
(by appointment or
Drop-In 3-7pm)
*Last appointment at
6pm*

Peer Support
(Drop-In 3-6pm)

Video Game Night
July 5, 12, 19, 26
(6-7:30pm)

Wednesday

Mental Health
Counselling
(by appointment)

Employment/IPS
(by appointment)

Substance Use
Counselling
(11am-4pm)

Mindfulness Walk
July 6, 13, 20, 27
(5:30-6:30pm)

Summer Book Club:
Looking for Alaska -
John Green
July 27th
(6:30-7:30pm)

Thursday

Nurse Practitioner
(by appointment)

Lawn Games at Merritt
Island
July 7, 21
(12-2pm)

Hub Drop-In Activities
July 14, 28
Ages 12-17 (12-1:30pm)
Ages 18-25 (1:30-3pm)

Mental Health
Counselling
(by appointment or
Drop-In 3-7pm)
*Last appointment at
6pm*

Peer Support
(Drop-In 3-6pm)

Friday

Mental Health
Counselling
(by appointment)

Peer Support
(by appointment)

Employment/IPS
(by appointment)

Hub Drop-In Activities
July 15, 22
(11am-1pm)



Hub Hours

Monday - Thursday: 11am - 8pm Friday: 10am - 2pm

Please note the hub will be CLOSED on Friday, July 1st for Canada Day.



Please register with us by calling **905-229-9946**
or emailing ywhn.signup@gmail.com



Follow us on our socials or visit
www.youthhubs.ca/niagara for
more information



@ywhniagara



@ywhniagara

Hub Services

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/FR)

No topic is off limits. Our counsellors provide brief solution-focused sessions dealing with stress, depression, anxiety, coping with difficult emotions, and providing referrals as needed.

Primary Care Practitioner (EN/FR)

Our Nurse Practitioner helps youth with concerns about sexual health, physical health, mental health, general questions, and providing outside 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.

Employment/IPS (EN)

Our Individual Placement & Support worker is integrated into our mental health services to help youth find, secure, and keep meaningful employment, including resume building and interview skills.

Mental Health Outreach Worker (EN/FR)

Our outreach worker helps to identify and implement goal planning, connect to community resources, assist with housing applications, financial aid, Ontario Works, and more.

