

November 2022 Services & Activities

225 East Main St,
Welland ON
(Ground Floor)

For youth
ages 12-25
No Cost

Monday

Substance Use
Counselling
(4-8pm by
appointment)

Hub Drop-In Activities
All Ages (5-7:30pm)

Movie & Popcorn
(5-7:30pm)

Mental Health
Counselling
(by appointment)

Peer Support
(by appointment)

Employment/Education
Support
(by appointment)

Tuesday

Hub Drop-In Activities
All Ages 12-3pm

Quiet Hours
(3-5pm)

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

Video Game Night
(5-7:30pm)

Peer Support
(by appointment)

Employment/Education
Support
(by appointment)

Wednesday

Employment/Education
Support
(Drop-In 1:30-3:30pm)

Wellness Walk
Nov 9, 16, 23, 30
(3-4pm)

Board Game Cafe
Ages 12-17 (5:30-6:30pm)
Ages 18-25 (6:30-7:30pm)

Hub Drop-In Activities
Ages 12-17 (5:30-6:30pm)
Ages 18-25 (6:30-7:30pm)

Mental Health
Counselling
(by appointment)

Peer Support
(by appointment)

Thursday

Primary Care
(by appointment
12-7pm)

Substance Use
Counselling
(by appointment 11-4pm)

Hub Drop-In Activities
Ages 12-17 (3-4:30pm)
Ages 18-25 (4:30-6pm)

Yoga
(6-7pm)

Employment/Education
Support
(by appointment)

Mental Health
Counselling
(by appointment)

Friday

Hub Drop-In Activities
November 4, 11, 25
All Ages (12-2pm)

Mental Health
Counselling
(by appointment)

Peer Support
(by appointment)

Employment/Education
Support
(by appointment)



Hub Hours

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

Please note the hub will be CLOSED on Friday, Nov 18th for Professional Development



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



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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.

