

# Services & Activities

## January 9 - 31, 2023



225 East Main St, Welland ON (Ground Floor)

### Monday

Hub Drop-In Activities  
All Ages (12-2pm)

Substance Use  
Counselling  
(4-8pm by  
appointment)

Bingo/Trivia Night  
(5-7:30pm)

Mental Health  
Counselling  
(Same-day  
appointments  
available, please call  
to schedule)

Peer Support  
(by appointment)

Employment/Education  
Support  
(by appointment)

### Tuesday

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

Video Game Night  
(5-7:30pm)

Mental Health  
Counselling  
(Same-day  
appointments available,  
please call to schedule)

Peer Support  
(by appointment)

Employment/Education  
Support  
(by appointment)

### Wednesday

Winter Walk  
Jan 11 & 25  
(1-2pm)

Paint Night  
(5-7:30pm)

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

Mental Health  
Counselling  
(Same-day  
appointments  
available, please call to  
schedule)

Peer Support  
(by appointment)

Employment/Education  
Support  
(by appointment)

### Thursday

Substance Use  
Counselling  
(11am-4pm by  
appointment)

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

Primary Care  
(12-7pm by  
appointment)

Evening Yoga (6-7pm)

Mental Health  
Counselling  
(Same-day  
appointments available,  
please call to schedule)

Peer Support  
(by appointment)

### Friday

Quiet Hour  
(11am-12pm)

Hub Drop-In Activities  
All Ages (12pm-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 register with us by calling **905-229-9946**  
or emailing **ywhn.signup@gmail.com**

**For more information**, follow us on our  
socials or visit [www.youthhubs.ca/niagara](http://www.youthhubs.ca/niagara)



# 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.

