

February 2023 Services & Activities



225 East Main St, Welland ON (Ground Floor)

Monday

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

Substance Use
Counselling
(4-8pm by
appointment)

Ping Pong
Tournament
(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
All Ages (1-3pm)

Video Game Night
Feb 7, 21, & 28
(5-7:30pm)

Valentine's Movie Night
with Chocolate
Feb 14 (5-7:30pm)

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

Peer Support
(by appointment)

Employment/Education
Support
(by appointment)

Wednesday

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

Paint Night
(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)

Valentine's Art/Card
Making
Feb 2 & 9 (5-7pm)

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 note: the hub will be **closed** on **Monday Feb 20th** for the stat holiday

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



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.

