


Skill Building & Wellness Activities: September 2023

225 East Main St, Welland ON (Ground Floor)




 : @ywhniagara
www.youthhubs.ca/niagara



Friday	1
Hub Open House Tours (10am-12pm)	
Hub Drop-In Ages 12-17 (12:30-2pm)	
Hub Open House Tours (10am-12pm)	8
Hub Drop-In Ages 18-25 (12:30-2pm)	
Hub Open House Tours (10am-12pm)	15
Hub Drop-In Ages 12-17 (12:30-2pm)	
Hub Open House Tours (10am-12pm)	22
Hub Drop-In Ages 18-25 (12:30-2pm)	
Hub Open House Tours (10am-12pm)	29
Hub Drop-In Ages 12-17 (12:30-2pm)	

Monday	Tuesday	Wednesday	Thursday
4	5	6	7
STAT HOLIDAY	Movie & Pizza Film: Disney "Up" Ages 12-17 (4:00-6pm)	Queer Social: Clay Trinkets and Jewelry Ages 12-17 (4-5pm) w/ Therapy Tails Ages 18-25 (5:30-6:30pm)	Hub Drop-In Ages 18-25 (12-1:30pm) Video Game Night Ages 12-17 (4:00-5:00pm) Ages 18-25 (5:30-6:30pm)
11	12	13	14
Hub Drop-In (Ping-Pong/Art/Movies/Music) Ages 12-17 (5-6:30pm)	Jenga Tournament Ages 12-17 (4:00-5:00pm) Ages 18-25 (5:30-6:30pm)	Build Your own Self Care Kits Ages 18-25 (4-5:00pm) w/ Therapy Tails Ages 12-17 (5:30-6:30pm)	Wellness Lunch Time Walk - Meet at the Hub Ages 17 - 25 (12-1pm) Hub Drop-In Ages 12-17 (5-6:30pm)
18	19	20	21
Movie & Pizza Film: Love, Simon Ages 17-25 (4:30pm-6:00pm)	Adulting 101: Applying for your License Ages 16-25 (4:30-5:30pm)	Hub Drop-In Ages 18-25 (12-1:30pm) French Mental Health Workshop (4-5pm) French Film & Popcorn; Disney "Freaky Friday" Ages 12-17 (5-6:30pm)	Hub Drop-In Ages 18-25 (1-2pm) Pokémon Go Walk Ages 12-17 (4:00-5:00pm)
25	26	27	28
Hub Drop-In (Ping-Pong/Art/Movies/Music) Ages 12-17 (5-6:30pm)	Hub Drop-In Ages 18-25 (12-1:30pm)	Planter Potting & Painting Ages 12-17 (4:00-5:00pm) Ages 18-25 (5:30-6:30pm)	Scavenger Hunt Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)

Hub Services

Available by appointment

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)

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.

PreVenture Workshops (EN/FR)

Our facilitators provide an evidence-based mental wellness program for youth aged 12-18. Explore your personality style & learn valuable coping strategies & goal-setting skills.

