

# Skill Building & Wellness Activities: October 2023

225 East Main St, Welland ON (Ground Floor)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hub Drop-In Ages 12-17 (4:30-6:30pm)	3 Human Sized Game of LIFE Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)	4 Hub Drop-In Ages 18-25 (4:30-6:30pm)	5 Hub Drop-In Ages 18-25 (12-1:30pm) Movie Night, Film "Halloweentown" Ages 12-17 (5-6:30pm)	6 Hub Open House Tours (10am-12pm) Hub Drop-In Ages 12-17 (12-2pm)
9 <b>STAT Holiday</b>	10 Hub Drop-In Ages 18-25 (1-2pm) Ping Pong Tournament Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)	11 Queer Social: Makeup Tutorial Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)	12 Video Game Night Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)	13 Hub Open House Tours (10am-12pm) Hub Drop-In Ages 18-25 (12-2pm)
16 Hub Drop-In Ages 18-25 (1-2pm) French Mental Health Workshop (5:30-6:30pm)	17 Adulting 101: Budgeting Ages 16-25 (5-6:30pm)	18 Hub Drop-In Ages 12-17 (12-1:30) Step-By-Step Painting Ages 18-25 (5-6:30pm)	19 Hub Drop-in Ages 18-25 (12-1:30pm) Ages 12-17 (5-6:30pm)	20 Hub Open House Tours (10am-12pm) Hub Drop-In Ages 12-17 (12-2 pm)
23 French Movie Night Film: Disney "Hocus Pocus" Ages 12-17 (5-6:30pm)	24 Spooktacular 2SLGBTQ+ Open Mic Night Ages 12-17 <b>6-8pm</b>	25 Fall/Halloween Craft Night Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)	26 Spooktacular 2SLGBTQ+ Open Mic Night Ages 18-25 <b>6-8pm</b>	27 Hub Open House Tours (10am-12pm) Hub Drop-In Ages 18-25 (12-2pm)
30 Movie Night: Disney "The Nightmare Before Christmas" Ages 17-25 (5-6:30pm)	31 Halloween Hang out Night Ages 12-17 (3:30-5) Ages 18-25 (5-6:30)			

For youth  
 ages 12-25  
 \*No Cost\*

 **Hub Hours:** Monday - Thursday: 11-7pm, Friday: 10-2pm

 Call **905-229-9946** or email **ywhn.signup@gmail.com**

# 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.

