

# Skill Building & Wellness Activities: November 2023

225 East Main St, Welland ON (Ground Floor)



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

				Wednesday		Thursday		Friday	
				1		2		3	
				French Movie Night: Alice in Wonderland Ages 18-25 (5-6:30pm)		Kahoot Trivia Night Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)		Hub Open House Tours (10am-12pm) Hub Drop-In Ages 12-17 (12-2pm)	
<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>	
Scavenger Hunt Walk Ages 18-25 (2-3pm) Ages 12-17 (4-5pm)		Hub Drop-In Ages 18-25 (1-2pm) Stress Ball Making Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)		Adulting 101: RTA Tenant's Rights (Free Pizza & Drinks) Ages 18-25 (5-6:30pm)		Video Game Night Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)		Hub Open House Tours (10am-12pm) Hub Drop-In Ages 18-25 (12-2pm)	
<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>	
Hub Drop-In Ages 18-25 (3:30-5pm) Ages 12-17 (5-6:30pm)		Cross Stitching Activity Ages 18-25 (3-4pm) Ages 12-17 (5-6pm)		Cupcake Baking Night Ages 18-25 (5-6:30pm)		Giant Jenga Tournament Ages 18-25 (4-5pm) Ages 12-17 (5:30-6:30pm)		Hub Open House Tours (10am-12pm) Hub Drop-In Ages 12-17 (12-2pm)	
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>	
Wear your favorite team shirt and come watch SPACE JAM Ages 12-17 (5-6:30pm)		Collage Making Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)		Cupcake Baking Night Ages 12-17 (5-6:30pm)		Hub Drop-In Ages 18-25 (1-2pm) Step-by-Step Painting Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)		Hub Open House Tours (10am-12pm) Hub Drop-In Ages 18-25 (12-2pm)	
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>			
Model Clay Sculpting Ages 18-25 (5-6:30pm)		Hub Drop-In Ages 18-25 (12-1pm) Ages 12-17 (5-6:30pm)		Queer Social - DIY Coasters Ages 12-17 (4-5pm) Ages 18-25 (5:30-6:30pm)		Hub Drop-In Ages 12-17 (5-6:30pm)			



# 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.

