



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Hub CLOSED - STAT Holiday</p>	<p>4</p> <p>Boys & Young Men's Group: Basketball Ages 15-21 (2-4pm) Call or Email to Register</p> <p>Employment Support Drop-In Ages 14-25 (4-6pm)</p> 	<p>5</p> <p>Newcomer Connection Circle Ages 12-25 (4-5:30pm)</p>	<p>6</p> <p>Driving Range Ages 15-21 (11:30-2pm) Call or Email to Register</p> <p>Links for Greener Learning Pop up Fruit & Vegetable Market ~ \$5 a bag for students 2-3pm</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos Call or Email to Register</p> 	<p>7</p> <p>Open by Appointment Only</p>
<p>10</p> <p>Open ONLY at the Niagara Falls Community Health Center</p> <p>Painting Ages 18-25 (1-2:30pm) Ages 12-17 (3-4:30pm)</p>	<p>11</p>  <p>Macramé Plant Hangers Ages 12-25 (2-4pm)</p>	<p>12</p> <p>Public Health Nurse Drop-In (Niagara Region Public Health) Ages 12-25 (3-5pm)</p> <p>Art Journaling Group Ages: 12-25 (4-5:30pm) Call or Email to Register</p> <p>Boys & Young Men's Group: Mario Kart Tournament Ages 12-17 (5:30-6:30pm) Call or Email to Register</p> 	<p>13</p> <p>Links for Greener Learning Pop up Fruit & Vegetable Market ~ \$5 a bag for students 2-3pm</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper Call or Email to Register</p> 	<p>14</p> <p>Open by Appointment Only</p>
<p>17</p> <p>Open ONLY in Welland</p> <p>Queer Social: Tye Dye Ages 12-17 (12-1:30pm) Ages 18-25 (3-4:30pm)</p> 	<p>18</p> <p>Boys & Young Men Group: Cooking Class Ages 15-21 (2-4pm) Call or Email to Register</p> 	<p>19</p> <p>Newcomer Connection Circle Ages 12-25 (4-5:30pm)</p>	<p>20</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos Call or Email to Register</p> 	<p>21</p> <p>Open by Appointment Only</p>
<p>24</p> <p>Open ONLY in Welland</p> <p>Hike with the Hub Meet at the Hub Call or Email to Register Ages 12-25 (11am-2pm)</p> 	<p>25</p> <p>Photoshoot: Bring your Besties Ages 12-25 (12-2pm)</p> 	<p>26</p> <p>Art Journaling Group Ages: 12-25 (4-5:30pm) Call or Email to Register</p> <p>Boys & Young Men's Group: Mario Kart Tournament Ages 18-25 (5:30-6:30pm) Call or Email to Register</p> 	<p>27</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper Call or Email to Register</p> 	<p>28</p> <p>Open by Appointment Only</p>

Open ONLY in Welland **31**
 Back to School Clothing Swap
 Ages 12-25 (3-5pm)
 All are welcome, clothing donations not required

Hub Services

Available by
appointment



Hub Hours:

Monday - Thursday: 11-7pm
Friday: 10-2pm



Call **905-229-9946**

Email ywhn.signup@gmail.com

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)

Our Social Workers provide brief therapeutic intervention through a variety of approaches. Support in dealing with stress, depression, anxiety, coping with difficult emotions, and providing referrals as needed.

Primary Care Practitioner (EN)

Our Nurse Practitioner (NP) helps youth with concerns about their sexual health, physical health, mental health, general questions, and providing outside referrals as needed. Although our NP does not require a Health Card some referrals may require one.



Peer Support Program (EN/ES)

Emotional and practical supports are available, including navigation of mental health, substance use, and community resources, along with individual and group supports. In partnership with Bridges, we also provide newcomer-specific peer support.

Employment/ Education (EN)

Individual Placement Support (IPS) worker is integrated with our mental health services to help youth secure and maintain meaningful jobs, build resumes, and improve interview skills. Our IPS worker also support educational goals by helping youth reconnect with school and continuing education..

Substance Use Care Coordination (EN)

One-on-one care coordination and case management to ensure seamless transition from hospital to community services. Access to integrated supports at Youth Wellness Hubs and referrals to other community based services such as housing, financial, food security and more.