

# Skill Building & Wellness Activities: July 2026

225 East Main St, Welland (Monday - Friday)

4790 Victoria Ave, Niagara Falls (Niagara Falls Community Health Centre (Mondays))

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](mailto:ywhn.signup@gmail.com)

[youthhubs.ca/niagara](http://youthhubs.ca/niagara) @ywhniagara

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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		Hub CLOSED - STAT Holiday	Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper Call or Email to Register 	Open by Appointment Only
6 <b>Open ONLY at the Niagara Falls Community Health Centre</b>  Painting Ages 18-25 (1-2:30pm) Ages 12-17 (3-4:30pm)	7 Boys & Young Men's Group: Super Smash Bro's Tournamnet Ages 15-21 (12-2pm) Call or Email to Rgeister  Employment Support Drop-In Ages 14-25 (4-6pm) 	8 Newcomer Connection Circle Ages 12-25 (4-5:30pm)	9 Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos Call or Email to Register 	10 <b>6th Annual Summer Social</b> at Chippawa Park Pavillion 2 (11-2pm) See Flyer for more info  <b>Register here</b> 
13 <b>Open ONLY in Welland</b>  Hike with the Hub Meet at the Hub Ages 12-25 (11am-2pm) Call or Email to Register 	14 Picnic and Yard Games at Merrit Island Meet at the Hub Ages 18-25 (12-2pm) Call or Email to Register  Links for Greener Learning Pop up Fruit & Vegetable Market ~ \$5 a bag for students 2-3pm	15 Public Health Nurse Drop-In (Niagara Region Public Health) Ages 12-25 (3-5pm)  Art Journaling Group Ages: 12-25 (4-5:30pm) Call or Email to Register  Boys & Young Men's Group: Model Kit Creation Ages 12-17 (5:30-6:30pm) Call or Email to Register 	16 Driving Range Ages 15-21 (11:30am-2pm) Call or Email to Register  Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper Call or Email to Register 	17 <b>Open by Appointment Only</b>
20 <b>Open ONLY in Welland</b>  Queer Social: Air Dry Clay Sculpting Ages 12-17 (12-1:30pm) Ages 18-25 (3-4:30pm) 	21 Picnic and Yard Games at Merritt Island - Meet at the Hub Ages 12-17 (12-2pm) Call or Email to Register  Boys & Young Men's Group: Cooking Class Ages 15-21 (4-6pm) Call or Email to Register 	22 Newcomer Connection Circle Ages 12-25 (4-5:30pm)	23 Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos Call or Email to Register 	24 <b>Open by Appointment Only</b>
27 <b>Open ONLY in Welland</b> Mario Kart Tournament Ages 12-17 (11:30-12:30pm) Ages 18-25 (1:30-2:30pm) 	28 Links for Greener Learning Pop up Fruit & Vegetable Market ~ \$5 a bag for students 2-3pm	29 Art Journaling Group Ages: 12-25 (4-5:30pm) Call or Email to Register  Boys & Young Men's Group: Model Kit Creation Ages 18-25 (5:30-6:30pm) Call or Email to Register 	30 Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper Call or Email to Register 	31 <b>Open by Appointment Only</b>

# Hub Services

Available by  
appointment



**Hub Hours:**

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Friday: 10-2pm



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Email [ywhn.signup@gmail.com](mailto: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.