








# Skill Building & Wellness Activities: September 2025

225 East Main St, Welland (Tuesday - Friday)  
4790 Victoria Ave, Niagara Falls (Niagara Falls Community Health Center (Mondays)  
3643 Portage Rd, Niagara Falls (NF Public Library Stamford Branch - After School Program )

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

NEW	Monday	Tuesday	Wednesday	Thursday	Friday
	<div>1</div> <div>CLOSED - STAT HOLIDAY</div>	<div>2</div> <div>                      Employment Support Drop-In Ages 14-25 (4-6pm) After School Program - First Day Back!                 </div>	<div>3</div> <div>                     Art Journaling Group Ages 12-25 (4-5pm) Call or Email to Register                 </div>	<div>4</div> <div>                     Queer Social: Clothing Swap Ages 12-25 (3-5pm) All are welcome, clothing donations not required Physical Hub Spaced closed at 6pm  </div>	<div>5</div> <div>                     Hub Drop-In Ages 12-17 (12-2pm)                 </div>
NEW	<div>8</div> <div>                     Open ONLY at the Niagara Falls Community Health Center Uno Night! Ages 12-17 (4-5pm)                 </div>	<div>9</div> <div>                     FASD Awareness Event: Sensory Kit Making Ages 12-25 (4-6pm) Call or Email to Register                 </div>	<div>10</div> <div>                     Art Journaling Group Ages 12-25 (4-5pm) Call or Email to Register Cooking with the Hub: Cabbage Roll Soup Ages 12-25 (5-6:30pm) Call or Email to Register                 </div>	<div>11</div> <div>                     Dungeons &amp; Dragons Ages 12-25 (3:30-6:30pm)  </div>	<div>12</div> <div>                     Hub Drop-In Ages 18-25 (12-2pm)                 </div>
NEW	<div>15</div> <div>                     Open ONLY at the Niagara Falls Community Health Center Uno Night! Ages 18-25 (4-5pm)                 </div>	<div>16</div> <div>                     Neurodivergent Get Together: Beaded Jewelry Ages 18-25 (1-2pm) Ages 12-17 ( 4-5pm)  </div>	<div>17</div> <div>                     Art Journaling Group Ages 12-25 (4-5pm) Call or Email to Register                 </div>	<div>18</div> <div>                     Closed - Professional Development                 </div>	<div>19</div> <div>                     Hub Drop-In Ages 12-17 (12-2pm) AFTER SCHOOL PROGRAM - CLOSED                 </div>
NEW	<div>22</div> <div>                     Open ONLY at the Niagara Falls Community Health Center Water Colouring Ages 12-17 (4-5pm)                 </div>	<div>23</div> <div>                     Employment Support Drop-In Ages 14-25 (4-6pm)                 </div>	<div>24</div> <div>                     Art Journaling Group Ages 12-25 (4-5pm) Call or Email to Register Cooking with the Hub: Pancakes Ages 12-25 (5-6:30pm) Call or Email to Register                 </div>	<div>25</div> <div>                     Dungeons &amp; Dragons Ages 12-25 (3:30-6:30pm)  </div>	<div>26</div> <div>                     Contact Niagara is turning 25! Heartland Forest 4:30-7:30pm See Flyer for more details                 </div>
NEW	<div>29</div> <div>                     Open ONLY at the Niagara Falls Community Health Center Water Colouring Ages 18-25 (4-5pm)                 </div>	<div>30</div> <div>                     Switch Games Hang out Ages 18-25 (1-3pm) Ages 12-17 (3:30-5:30pm)                 </div>	<div>  Hub Hours: Monday - Thursday: 11-7pm, Friday: 10-2pm   Call 905-229-9946 or email <a href="mailto:ywhn.signup@gmail.com">ywhn.signup@gmail.com</a>    <a href="https://youthhubs.ca/niagara">@ywhnniagara</a> </div>		

Niagara Falls After School  
Program at the Stamford Library: Grades 9-12 (2-4:30pm)  
Monday, Tuesday, Thursday, & Friday

# 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/FR)

Our Youth Navigators provide emotional and practical supports, navigation support around mental health & substance use, as well as individual and group supports.

## 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..

## Care Coordination (EN)

Support with navigating community resources, such as mental health and substance use supports, connection with longer-term programming and coordination of hub & community services.