



# 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.