

# Skill Building & Wellness Activities: May 2026

225 East Main St, Welland (Monday - 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\*

 **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

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

Friday



Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> <b>Open ONLY in Welland</b> Galaxy painting and Star Wars Movie Ages 18-25 (11-1pm) Ages 12-17 (4-6pm)	<b>5</b> Employment Support Drop-In (Ages 14-25) & Hub Homework Space (Ages 12-25) (4-6pm)	<b>6</b> Art Journaling Group Ages 12-17 (4-5pm) <i>Call or Email to Register</i> Newcomers Connection Circle Ages 12-25 (5-6:30pm)	<b>7</b> Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper <i>Call or Email to Register</i> 	<b>1</b> Friday Reading Lounge Ages 12- 25 (12-2pm)
<b>11</b> <b>Open ONLY at the Niagara Falls            Community Health Center</b> Painting Ages 18-25 (1-2:30pm) Ages 12-17 (3-4:30pm)	<b>12</b> Queer Social: Therapy Dog Drop-In Ages 12-17 (3:30-5pm) 	<b>13</b> Art Journaling Group Ages: 18-25 (4-5pm) <i>Call or Email to Register</i> Cooking with the Hub: Unstuffed Peppers Ages 12-25 (5-6:30pm) <i>Call or Email to Register</i>	<b>14</b> Sexual Health Clinic Drop-In (Niagara Region Public Health) Ages 12-25 (3-5pm) Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos <i>Call or Email to Register</i> 	<b>15</b> Friday Reading Lounge Ages 12- 25 (12-2pm) Newcomers Connection Circle at Bridges Niagara ( <b>85 Church St, St.            Catharines</b> ) Ages 12-25 (2:30-4pm)
<b>18</b> <b>STAT HOLIDAY - CLOSED</b>	<b>19</b> Employment Support Drop-In (Ages 14-25) & Hub Homework Space (Ages 12-25) (4-6pm)	<b>20</b> <b>OPEN at 12:30pm</b> Art Journaling Group Ages 12-17 (4-5pm) <i>Call or Email to Register</i> Newcomers Connection Circle Ages 12-25 (5-6:30pm)	<b>21</b> Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper <i>Call or Email to Register</i> 	<b>22</b> Board Game Cafe Ages 18- 25 (12-2pm)
<b>25</b> <b>Open ONLY at the Niagara Falls            Community Health Center</b> Tapple Tournament Ages 18-25 (1-2pm) Ages 12-17 (3:45-4:45pm)	<b>26</b> Queer Social: Therapy Dog Drop-In Ages 18-25 (3:30-5pm) 	<b>27</b> Art Journaling Group Ages: 18-25 (4-5pm) <i>Call or Email to Register</i> Cooking with the Hub: Burritos Ages 12-25 (5-6:30pm) <i>Call or Email to Register</i>	<b>28</b> Sexual Health Clinic Drop-In (Niagara Region Public Health) Ages 12-25 (3-5pm) Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos <i>Call or Email to Register</i> 	<b>29</b> <b>OPEN at 12:30pm</b> Friday Reading Lounge & Book Swap Ages 12- 25 (1-2pm) <i>Bringing your used books</i> Newcomers Connection Circle at Bridges Niagara ( <b>85 Church St, St.            Catharines</b> ) Ages 12-25 (2:30-4pm)

# Hub Services

Available by  
appointment



**Hub Hours:**

Monday - Thursday: 11-7pm  
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/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.