

Skill Building & Wellness Activities: March 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

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2</p> <p>Open ONLY at the Niagara Falls Community Health Center</p> <p>Artificial Flower Making Ages 18-25 (3-4:45pm)</p> <p>NEW</p>	<p>3</p> <p>Queer Social: Clothing Swap & Button Making Ages 12-25 (3-6pm) All are welcome, clothing donations not required</p> 	<p>4</p> <p>Art Journaling Group Ages:18-25 (4-5pm) Call or Email to Register</p> <p>Cooking with the Hub: Pot-of-gold Cupcake Making Ages 12-25 (5 -6:30pm) Call or Email to Register</p>	<p>5</p> <p>Sexual Health Clinic Drop-In (Niagara Region Public Health) Ages 12-25 (3-5pm)</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper Call or Email to Register</p> 	<p>6</p> <p>Hub Space CLOSED - Professional Development</p> <p>Wellness Together at Bridges Niagara (85 Church St, St. Catharines) Ages 12-25 (2:30-4pm)</p>
<p>9</p> <p>Open ONLY in Welland Magic Mondays: Magic the Gathering Ages 12-25 (4-6pm)</p> <p>◆◆ ◆◆</p>	<p>10</p> <p>Employment Support Drop-In (Ages 14-25) & Hub Homework Space (Ages 12-25) (4-6pm)</p>	<p>11</p> <p>Art Journaling Group Ages 12-17 (4-5pm) Call or Email to Register</p> <p>Newcomers Connection Circle Ages 12-25 (5:30-6:30pm)</p>	<p>12</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos Call or Email to Register</p> 	<p>13</p> <p>Board Game Cafe Ages 18-25 (10am-11:30am) Ages 12-17 (12:30-2pm)</p> <p>Wellness Together at Bridges Niagara (85 Church St, St. Catharines) Ages 12-25 (2:30-4pm)</p>
<p>16</p> <p>Open ONLY at the Niagara Falls Community Health Center</p> <p>Artificial Flower Making Ages 12-17 (1-2pm)</p> <p>After School Program - CLOSED</p>	<p>17</p> <p>Spring Collage Making Ages 12-17 (11am-1pm) Ages 18-25 (3pm-5pm)</p> <p>After School Program - CLOSED</p>	<p>18</p> <p>Artificial Terrarium Making Ages 12-17 (11-1 pm)</p> <p>Art Journaling Group Ages: 18-25 (4-5pm) Call or Email to Register</p> <p>Cooking with the Hub: Chicken Caesar Wrap Ages 12-25 (5 -6:30pm) Call or Email to Register</p>	<p>19</p> <p>Artificial Terrarium Making Ages 18-25 (11-1pm)</p> <p>Sexual Health Clinic Drop-In (Niagara Region Public Health) Ages 12-25 (3-5pm)</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Whisper Call or Email to Register</p> <p>After School Program - CLOSED</p> 	<p>20</p> <p>Mario Kart Tournament Ages 18-25 (10am-11:30am) Ages 12-17 (12:30-2pm)</p> <p>After School Program - CLOSED</p>
<p>23</p> <p>Open ONLY in Welland Neurodivergent Get Together: Crochet a Small Basket Ages 18-25 (3-4:30pm) Ages 12-17 (5-6:30pm)</p>  <p>NEW</p>	<p>24</p> <p>Employment Support Drop-In (Ages 14-25) & Hub Homework Space (Ages 12-25) (4-6pm)</p>	<p>25</p> <p>Art Journaling Group Ages 12-17 (4-5pm) Call or Email to Register</p> <p>Newcomers Connection Circle Ages 12-25 (5:30-6:30pm)</p>	<p>26</p> <p>Dungeons & Dragons Ages 12-25 (4-6:30pm) Team: Chaos Call or Email to Register</p> 	<p>27</p> <p>Popcorn and Movie Time! Ages 12-25 (10am - 12pm) Film: Ratatouille</p> <p>Wellness Together at Bridges Niagara (85 Church St, St. Catharines) Ages 12-25 (2:30-4pm)</p>

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Open ONLY at the Niagara Falls Community Health Center

Painting
Ages 18-25 (1-2pm)
Ages 12-17 (3:45-4:45pm)

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CLOSED - Professional Development

 **Hub Hours:** Monday - Thursday: 11-7pm, Friday: 10-2pm

 Call **905-229-9946** or
 email **ywhn.signup@gmail.com**

 **youthhubs.ca/niagara**   **@ywhniagara**

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.