

Skill Building & Wellness Activities: September 2026

225 East Main St, Welland (Monday - Friday)

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

3643 Portage Rd, Niagara Falls (NF Public Library Stamford Branch - After School Program)

For youth
ages 12-25
No Cost

Tuesday

Wednesday

Thursday

Friday

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

Monday

Back to School Info & Supplies
Ages 12-25 (12-2pm)

Boys & Young Men Group:
Model Kits
Ages 12-25 (2-4pm)
Call or Email to Register



Newcomer Connection Circle:
Painting Tote Bags
Ages 12-25 (4-5:30pm)

Dungeons & Dragons
Ages 12-25 (4-6:30pm)
Team: Chaos
Call or Email to Register



Open by Appointment Only

Hub CLOSED - STAT Holiday

Employment Support Drop-In
(Ages 14-25)
& Hub Homework Space
(Ages 12-25)
(4-6pm)

First Day of The After School
Program at Stamford Library



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: Super Smash
Ages 12-25 (5:30-6:30pm)
Call or Email to Register



Dungeons & Dragons
Ages 12-25 (4-6:30pm)
Team: Whisper
Call or Email to Register



Open by Appointment Only

Open ONLY at the Niagara Falls
Community Health Center

Painting
Ages 18-25 (1-2:30pm)
Ages 12-17 (3-4:30pm)

Boys & Young Men Group:
Basketball
Ages 15-21 (3:30-5:30pm)
Call or Email to Register



Safari Niagara
Ages 12-25 (11am-4pm)
Call or Email to Register

Newcomer Connection Circle:
Civiconnect
Ages 12-25 (4-5:30pm)

Dungeons & Dragons
Ages 12-25 (4-6:30pm)
Team: Chaos
Call or Email to Register



Open by Appointment Only

Open ONLY in Welland

Queer Social: Crafting circle - Bring a
Project you are working on or start a
new one
Ages 12-17 (3-4:30pm)



Employment Support Drop-In
(Ages 14-25)
& Hub Homework Space (Ages 12-25)
(4-6pm)

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: Mario
Kart Tournament
Ages 12-25 (5:30-6:30pm)
Call or Email to Register



Dungeons & Dragons
Ages 12-25 (4-6:30pm)
Team: Whisper
Call or Email to Register



Open by Appointment Only

Open ONLY in Welland

Queer Social: Crafting circle - Bring a
Project you are working on or start a
new one
Ages 18-25 (3-4:30pm)



Wellness Walk
Ages 12-25 (3-4pm)

Cooking with the Hub: Naan Pizzas
Ages 12-25 (4:30 - 5:30pm)
Call or Email to Register

Newcomer Connection Circle:
Civiconnect
Ages 12-25 (4-5:30pm)



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



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



youthhubs.ca/niagara @ywhniagara

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/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.