

Skill Building & Wellness Activities: October 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

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

 **Hub Hours:** Monday - Thursday: 11-7pm, Friday: 10-2pm
 Call **905-229-9946** or
 email **ywhn.signup@gmail.com**
 **youthhubs.ca/niagara**   **@ywhniagara**

Monday **Tuesday** **Wednesday**

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



Open by Appointment Only

**Open ONLY at the Niagara Falls
Community Health Centre**

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



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

Closed for Professional Development

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



Open by Appointment Only

Hub CLOSED - STAT Holiday

Boys & Young Men's Group:
Basketball and Mindfulness
Ages 12-25 (4-5:30pm)
Call or Email to Register



Public Health Nurse Drop-In
(Niagara Region Public Health)
Ages 12-25 (3-5pm)
Newcomer Connection Circle:
Letters of Gratitude
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

Boys & Young Men's Group: Cooking at
the Hub
Ages 12-25 (3-4:30pm)
Call or Email to Register



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

OPEN at 1:00pm

Art Journaling Group
Ages: 12-25 (4-5:30pm)
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

Pumpkin Patch!
Ages 12-25 (1-4 pm)
Call or Email to Register

After School Program Closed



Boys & Young Men's Group: Mario
Kart & Emotional Regulation
Ages 12-25 (5-6:30pm)
Call or Email to Register



Public Health Nurse Drop-In
(Niagara Region Public Health)
Ages 12-25 (3-5pm)
Newcomer Connection Circle:
Pumpkin Carving
Ages 12-25 (4-5:30pm)

Costumes and Karaoke Party
Ages 12-25 (4:30-6:30pm)



Open by Appointment Only

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.