



**YOUTH WELLNESS
HUB NIAGARA**
CARREFOUR BIEN-ÊTRE
DES JEUNES DU NIAGARA



Did you know you can access the following services through the Youth Wellness Hub Niagara?



**Mental
Health
Counsellors**



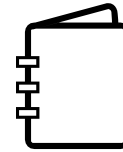
**Nurse
Practitioner**



**Substance
Use
Counsellor**



**Mental
Health
Caseworker**



**Employment
& Education
Assistance**



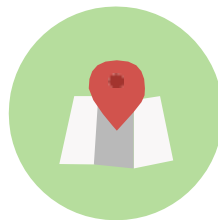
**Wellness
Activities**

How do I Access Services?

Accessing services is easy! Our Youth Navigators (YN) are here to assist you with accessing the right services. **Call or DM** us on Instagram or Facebook to start the process.



**Connect
with one of
our Youth
Navigators**



**Our YN's will
help you
determine
what
service(s) is
right for you**



**A service
provider will
contact you
to schedule
an
appointment**

Contact one of our Youth Navigators today:



905-229-9946



@YWHNiagara

www.youthhubs.ca/niagara

DECEMBER 2020 YWHN CALENDAR



LOCATION: 225 East Main St. Welland, ON, L3B3W7 (John Howard Society Building)

All activities require registration. To register, please email ywhn.signup@gmail.com or contact us by one of the methods listed below.

MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI
		1	2
	<p>Make your own Vision Board 4:00-5:00pm</p> <p>Ping Pong Club 5:30-6:30pm</p> <p>YWHN Workout Zone 6:45-8:00pm (30 min limit, 1-person/session)</p>	<p>Homework Club 3:00-4:45pm</p> <p>Video Game Night 5:00-6:30pm</p> <p>YWHN Workout Zone 6:30-8:00pm (40 min limit, 1-person/session)</p>	<p>Let's Chat: Newcomer English Conversation 12:30 -1:30 (Virtual)</p> <p>Soapstone Carving 3:00-4:00pm (Virtual)</p> <p>Paint Night 5:30-6:30pm</p> <p>Let's Chat: Newcomer English Conversation 6:45 – 8:00</p>
	7	8	9
<p>Peer Support Group 2:30-3:30pm</p> <p>Peer Support Group 3:30 - 4:30pm (Virtual)</p> <p>YWHN Workout Zone 5:30-8:00pm (45 min limit, 1-person/session)</p>	<p>Make your own Vision Board 4:00-5:00pm</p> <p>Ping Pong Club 5:30-6:30pm</p> <p>YWHN Workout Zone 6:45-8:00pm (30 min limit, 1-person/session)</p>	<p>Homework Club 3:00-4:45pm</p> <p>Video Game Night 5:00-6:30pm</p> <p>YWHN Workout Zone 6:30-8:00pm (40 min limit, 1-person/session)</p>	<p>Let's Chat: Newcomer English Conversation 12:30 -1:30 (Virtual)</p> <p>Soapstone Carving 3:00-4:00pm (Virtual)</p> <p>Paint Night 5:30-6:30pm</p> <p>Let's Chat: Newcomer English Conversation 6:45 – 8:00</p>
	14	15	16
<p>Peer Support Group 2:30-3:30pm</p> <p>Peer Support Group 3:30 - 4:30pm (Virtual)</p> <p>YWHN Workout Zone 5:30-8:00pm (45 min limit, 1-person/session)</p>	<p>Make your own Vision Board 4:00-5:00pm</p> <p>Ping Pong Club 5:30-6:30pm</p> <p>YWHN Workout Zone 6:45-8:00pm (30 min limit, 1-person/session)</p>	<p>Homework Club 3:00-4:45pm</p> <p>Video Game Night 5:00-6:30pm</p> <p>YWHN Workout Zone 6:30-8:00pm (40 min limit, 1-person/session)</p>	<p>Let's Chat: Newcomer English Conversation 12:30 -1:30 (Virtual)</p> <p>Soapstone Carving 3:00-4:00pm (Virtual)</p> <p>Paint Night 5:30-6:30pm</p> <p>Let's Chat: Newcomer English Conversation 6:45 – 8:00</p>
	21	22	23
<p>Peer Support Group 2:30-3:30pm</p> <p>Peer Support Group 3:30 - 4:30pm (Virtual)</p> <p>YWHN Workout Zone 5:30-8:00pm (45 min limit, 1-person/session)</p>	<p>Make your own Vision Board 4:00-5:00pm</p> <p>Ping Pong Club 5:30-6:30pm</p> <p>YWHN Workout Zone 6:45-8:00pm (30 min limit, 1-person/session)</p>	<p>Homework Club 3:00-4:45pm</p> <p>Video Game Night 5:00-6:30pm</p> <p>YWHN Workout Zone 6:30-8:00pm (40 min limit, 1-person/session)</p>	<p>Let's Chat: Newcomer English Conversation 12:30 -1:30 (Virtual)</p> <p>Let's Chat: Newcomer English Conversation 3:00 – 4:00</p>
	28	29	30
<p>Hub Closed - Holiday</p>	<p>Ping Pong Club 5:30-6:30pm</p> <p>YWHN Workout Zone 6:45-8:00pm (30 min limit, 1-person/session)</p>	<p>Homework Club 3:00-4:45pm</p> <p>Video Game Night 5:00-6:30pm</p> <p>YWHN Workout Zone 6:30-8:00pm (40 min limit, 1-person/session)</p>	<p>Let's Chat: Newcomer English Conversation 12:30 -1:30 (Virtual)</p> <p>Let's Chat: Newcomer English Conversation 3:00 – 4:00</p>

*CONNECT WITH A YOUTH NAVIGATOR MONDAY-THURSDAY FROM 12:00-8:00PM
MENTAL HEALTH & SUBSTANCE USE SUPPORT, PRIMARY CARE, HOUSING & EMPLOYMENT SERVICES



905-229-9946



@YWHNIAGARA



YOUTHUBS.CA/NIAGARA