

Youth Wellness Hub Windsor-Essex

youth
wellness
hubs
Windsor-
Essex
ONTARIO

SOLCZ FAMILY
FOUNDATION

2025 COMMUNITY REPORT

youth
wellness
hubs

ONTARIO

Windsor-
Essex

carrefours
bien-être
pour les jeunes

DE L'ONTARIO

Windsor-
Essex

Message from Leadership

Reflecting on the past year, we are incredibly proud of what we have achieved together. March 2026 marks the fourth anniversary that the Youth Wellness Hub (YWH) has been open in our community. After years of growth and partnership development, this year marked a shift toward sustainability—strengthening, stabilizing, and deepening the impact of our collective efforts.

Partnership is at the core of our work. It allows us to move beyond short-term solutions and create services that adapt to the changing needs of youth. Continued collaboration has strengthened alignment, fostered shared learning, and built a collective network of support greater than any one organization could provide.

Our team has remained committed to delivering high-quality services. The data we've gathered demonstrates the meaningful impact our programming has had on youth. Beyond measurable outcomes, youth consistently tell us they would not seek support elsewhere if they needed help—powerful feedback that reflects the core principles of Youth Wellness Hubs.

This year, our Youth Wellness Hub was selected as a recipient of Gender-Based Violence program funding. This investment enables us to expand services for youth experiencing gender-based and dating violence within our community. Through this funding, we are able to provide one-to-one support for youth and group workshops that build awareness, education, and prevention across both youth and the broader community.



Our Youth Advisory Council has continued to meet bi-weekly, playing a vital role in shaping all aspects of the Youth Wellness Hub. This year, their leadership and insight created new opportunities for growth. Their contributions supported successful grant applications, including the Gender-Based Violence program and the Equity Grant, and helped guide equity-focused enhancements such as the creation of a library and multi-faith space. Council members have also strengthened fundraising initiatives, outreach efforts, and ongoing program delivery. The Youth Wellness Hub exists because of youth voice, and their leadership remains at the heart of everything we do.

We continue to expand our presence across the community through outreach, meaningful partnerships, and ongoing engagement. Over the past year, the Youth Wellness Hub has increased representation in spaces where youth gather, participated in community events, and deepened collaboration with schools and partner organizations. Building recognition and trust takes time, and our continued goal is to strengthen awareness and establish the Hub as a familiar, reliable resource for youth and families.

The Youth Wellness Hub, Solcz Family Foundation Site would not be possible without the support of our community, partners, and youth. Thank you for being an essential part of this journey.



-Michelle Rocheleau



-Kim Willis

2025 Data Snapshots

Total Number of Visits

3,989



Total Number of Services

4,411



Total Number of Unique Youth

688

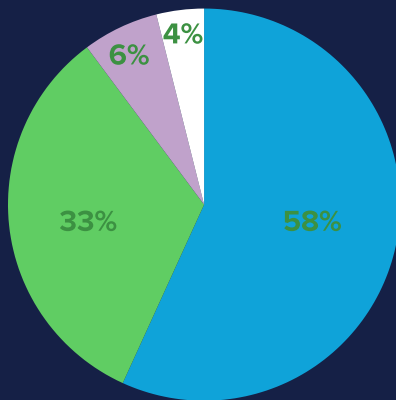


Total Number of New Youth

497

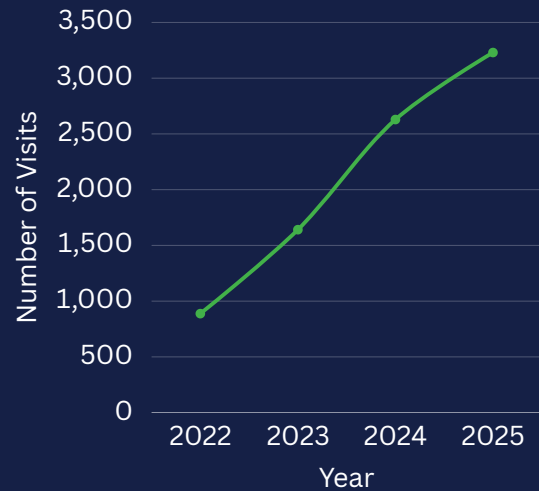


Sexual Orientation



- Straight
- 2SLGBQ+
- Prefer not to answer
- Questioning/Not Sure

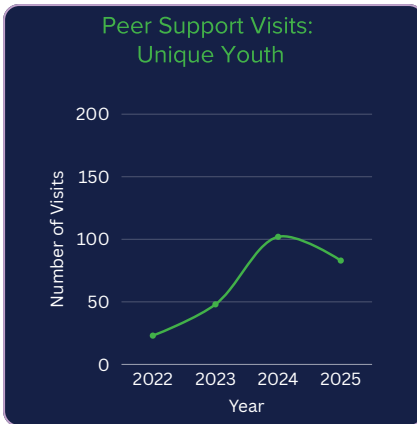
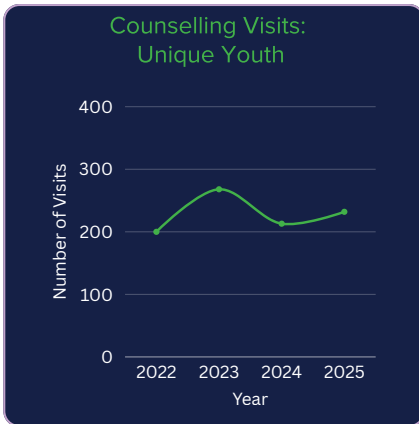
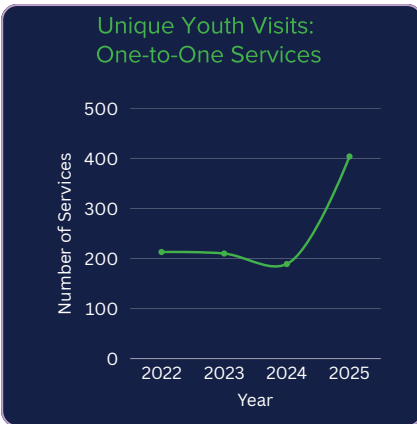
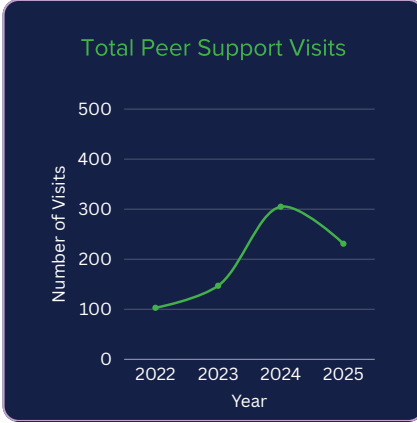
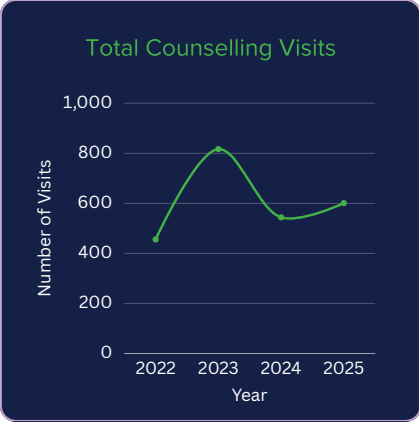
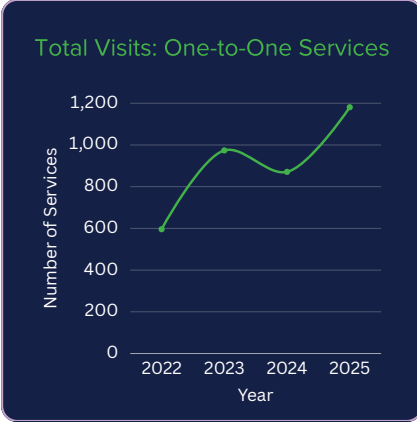
Skills & Well-Being Visits



Top Reasons Cited for Visit

- Feelings
- Relationships
- Family
- Physical Health





Finding Safety and Stability



When a young newcomer walked into the Youth Wellness Hub, he was experiencing homelessness and carrying the weight of significant trauma. New to Canada and unfamiliar with mental health services, he came looking for immediate basics—somewhere safe to stay, a meal, access to hygiene—and support for his mental well-being.

Through drop-in counselling, staff worked quickly to secure temporary accommodation at the Salvation Army while supporting him through a referral to the Windsor Residence for Young Men. During this transition period, he had consistent access to meals, shower facilities, and a safe place to spend his days at the Hub.

Alongside addressing urgent housing needs, staff provided ongoing mental health support, helping him process past trauma and develop coping strategies—all while keeping stability and safety at the centre of care. When he was finally admitted into supportive housing, he shared how deeply cared for he felt throughout the process, expressing gratitude for having someone walk beside him during one of the most vulnerable moments of his life.



The Youth Wellness Hub gave me more than a place to stay. They gave me support, dignity, and hope.

Rebuilding Trust and Moving Forward



A young person came to the Youth Wellness Hub seeking one-on-one counselling to address a video game addiction, anxiety, and paranoia linked to a past experience of cyber violence. Having also endured bullying, he struggled to trust others—and systems meant to help him.

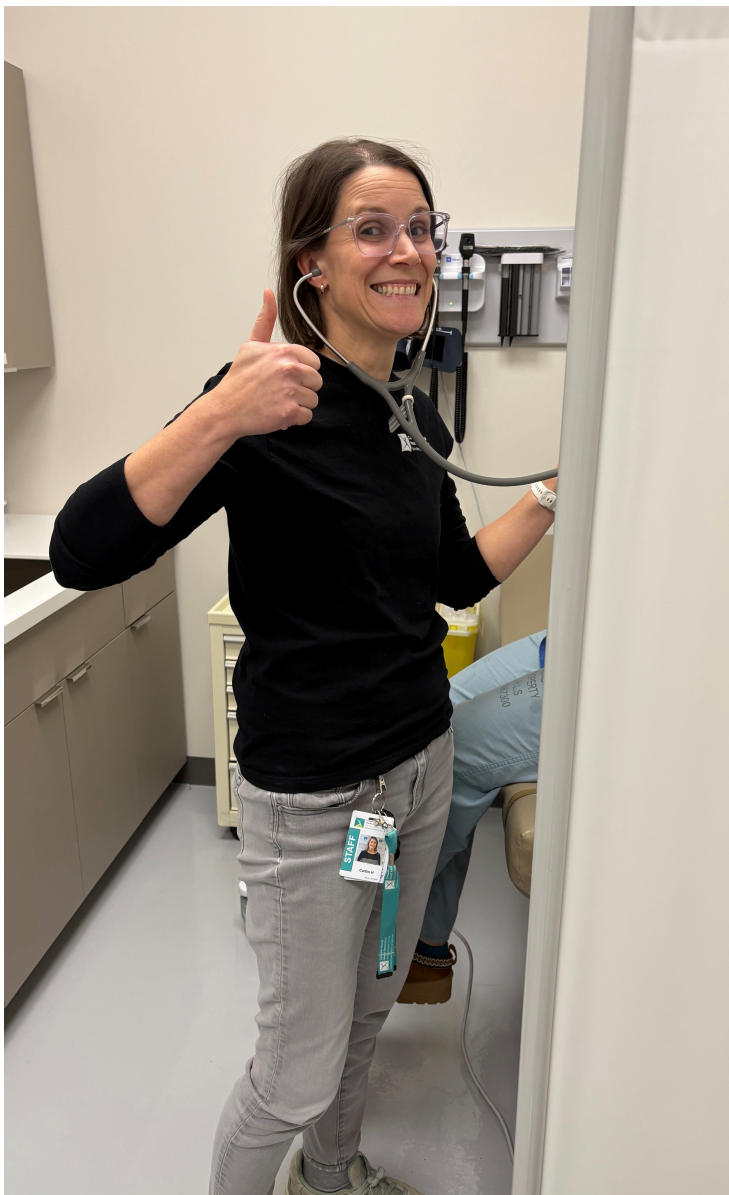
Through a trauma-informed, client-centred approach, combined with CBT strategies and remarkable commitment to counselling over the course of a year and a half, meaningful change began to take shape. He gradually reduced his screen time, challenged deeply rooted negative beliefs about himself and others, and built healthier daily routines.

Today, this young person has found part-time employment, completed his first year of university, and continues to check in with Youth Wellness Hub counselling as needed. His journey reflects the power of consistent, compassionate support—and the resilience of young people when they are given the tools and space to heal.

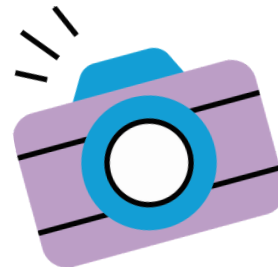


***I learned how to take back control of my life
—one step at a time.***

Partner Spotlight: Caitlin Haugh, CMHA Health Centre



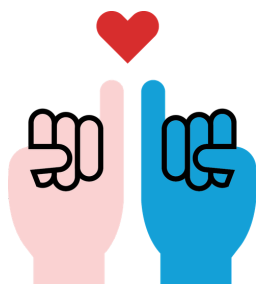
Caitlin has been a dedicated Nurse Practitioner since 2012. She began her career with a focus on cancer treatments and palliative care. Caitlin worked at Toronto General Hospital in the ER, gaining exposure to mental health and addiction care. She then began working in a primary care setting, helping a large variety of people. This sparked an interest in becoming a Nurse Practitioner and supporting the most vulnerable people in our community. Caitlin ultimately began working at the CMHA Health Centre providing primary care to clients of all ages.



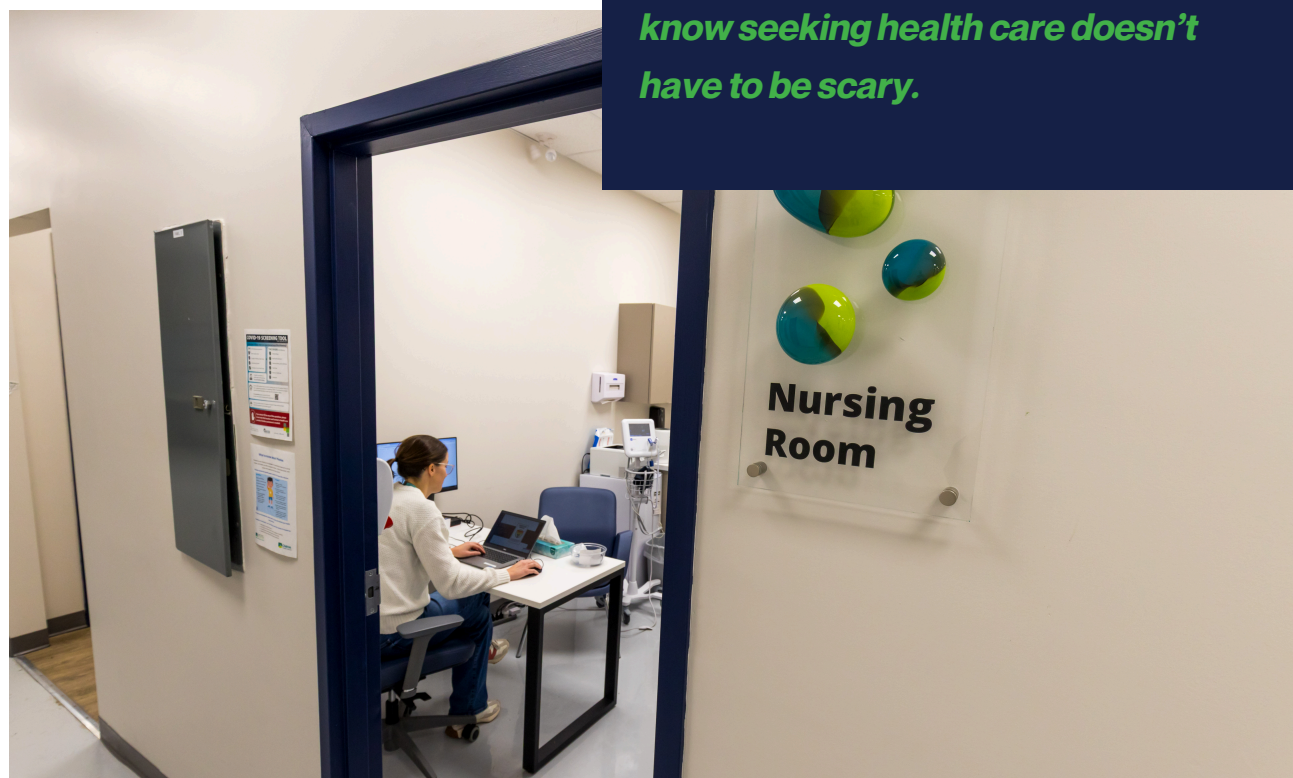
In October of 2024 Caitin began offering services at the Youth Wellness Hub. She has worked to support youth through a health promotion lens with the goal of preventing ER visits, illness and injury. She helps our clients feel validated and ensures they are provided with essential health education they can relate to.

At the Hub, Caitlin loves working collaboratively with the internal and external community partners and working with youth. Ultimately, she loves being able to meet the youths needs where they are at and getting to spend time with the youth.

The Youth Wellness Hub and our community would not be the same without Caitlin. We are eternally grateful for all that she does for the Hub and our youth.



I am hopeful I'm making a difference in their trajectories in life and leaving them feeling supported. Letting them know seeking health care doesn't have to be scary.



Fundraising Highlights



Although the Youth Wellness Hub receives provincial health dollars, fundraising is essential for program sustainability and development.

In 2025 we were involved in organizing successful fundraising campaigns and being beneficiaries of third-party events and community donations.

Skyline Golf Tournament

Annually the Skyline's Charity Golf Classic chooses charities to receive proceeds. In 2025, the Youth Wellness Hub Windsor Essex was selected as one of the beneficiaries. It was an honour to be selected and we were blown away when they presented us with a cheque for \$44,000!

Jackson Oglan Memorial Golf Tournament

The 4th annual Jackson Oglan Memorial Golf Tournament was held in September at Ambassador Golf Club. The tournament, held in memory of Jackson Oglan sold out again this year and was a resounding success. \$52,700 was raised, bringing the total raised to \$144,600.

We are most grateful to Ron and Kathy Oglan, their family and friends who have been tireless supporters of the Youth Wellness Hub Windsor-Essex.



McHappy Day

In 2025 we were thrilled to be involved in McHappy Day, the annual day where every purchase made supports Ronald McDonald House Charities and other local charities.



Every purchase all day on May 8 supports RMHC and other local children's charities across Canada. Whether you're choosing the iconic Big Mac®, going for a sweet treat like a McFlurry® or picking up a cup of McCafe® Premium Roast Coffee, Canadians can order their favourite food and beverage items in-restaurant, at the Drive-Thru, through the McDonald's app or ordering McDelivery®, making it easy and convenient to support.

Knowledge Knockout

Our first annual Knowledge Knockout Trivia fundraiser in October was a great success with over 160 attendees. Thank you to the following sponsors who helped to make the event successful:

McTague Law Firm, Circle of Seven, Megaloid Laboratories, Baird AE, Hotel Dieu Grace Healthcare, Datarealm, Clear Medical Imaging, Mike Fockens Financial Inc., Media Street Productions

Box of Cheer

As a holiday season fundraiser, the Youth Wellness Hub launched "Boxes of Cheer". Inspired by the popularity of mystery boxes and emotional support items, each box was unique and offered a surprise to unbox.

Over 350 boxes were sold and over \$10,000 was raised. A special Thank You to Unifor Local 200 for their support of this campaign.



Thank you to our partners!



Please stay in touch!



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