

CORNWALL YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25

212 PITT ST. CORNWALL, ON



<https://youthhubs.ca/site/cornwall-sdg-youth-wellness-hub>



TEXT/CALL 613-577-7216 TO:

- SPEAK TO A PEER SUPPORT WORKER
- BOOK AN APPOINTMENT
- GET HUB INFORMATION
- REGISTER FOR ACTIVITIES



@CORNWALLYOUTHUB

HOURS IN PERSON OR VIRTUAL	
MONDAY	CLOSED
TUESDAY	1-8 PM
WEDNESDAY	1-8 PM
THURSDAY	10-4 PM
EVERY SECOND FRIDAY	OUTREACH SITE 9-4 PM

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				CLOSED
4 CLOSED	5 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: ADDICTION 1-4:30 PM: NURSE PRACTITIONER 5:30-7:30 PM: SECURE SOCIAL MEDIA (AT THE SOUTH MOUNTAIN COMMUNITY HALL)	6 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / PAINT NIGHT	7 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 4:30-6:30 PM: 2SLGBTQ+ GROUP: SCRAPBOOK/BULLET JOURNAL	8 OUTREACH SITE: 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 AM: MENTAL HEALTH & ADDICTION
11 CLOSED	12 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	13 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / BOARD GAMES	14 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 4:30-6:30 PM: 2SLGBTQ+ GROUP: HOW TO CROCHET / CROCHET TOGETHER	15 CLOSED
18 CLOSED	19 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-4:30 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	20 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / BEADED JEWELRY	21 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 5:30-7:30 PM: SECURE SOCIAL MEDIA (AT THE CORNWALL LIBRARY)	22 OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION
25 CLOSED	26 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	27 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / BINGO & PRIZES	28 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 4-6 PM: SELF-ESTEEM PSYCHOEDUCATIONAL GROUP	29 CLOSED

PEER SUPPORT

Talk to someone with lived experience.

MENTAL HEALTH

Talk about stress, anxiety, depression, gender identity, eating disorders, feeling judged or bullied, etc. No topic is off limits!

YOUTH SUPPORT WORKER

CAS youth support worker assists with crisis intervention, supports youth if a referral to CAS needs to be made and will support youth who want to talk about any issues around safety, issues at home with family and will assist with reaching out to other community supports.

ADDICTION

Get help with problems associated with substance use, addiction and gambling.

NURSE PRACTITIONER

Prescriptions, sexual health and all things medical.

SOCIAL & HOUSING SERVICES

Call 613-933-6282 for information on how to apply for social assistance and housing options in the area.

EMPLOYMENT HELP

Get help finding employment through employment and career counselling, information resources, job opportunities and access to community and outreach services.

PARENT/CAREGIVER SUPPORT

Meet with a counsellor or PLEO peer support worker to get support and tools to improve your relationship with your child.

GROUPS / ACTIVITIES:

2SLGBTQ+ YOUTH GROUP

***Registration required - 613-577-7216**

Meet and greet youth aged 12-25 who are on the same kind of journey as you! If you identify as asexual, bisexual, gay, gender-fluid, intersex, lesbian, queer, pansexual, questioning, transgender or two-spirit, this is the place for you!

CHILL NIGHT

***Registration not required. Drop-ins welcome!**

Come spend time with us at the Hub and chill with a movie, board games, crafts or even a nice chat!

The special activities are hosted by a Youth Support Worker from CAS.

SELF-ESTEEM PSYCHOEDUCATIONAL GROUP

***Registration required - 613-577-7216**

The group on self-esteem will be facilitated by one of our staff members and their placement student. Our goal is to provide an opportunity for youth to speak and learn about self-esteem in a safe environment.

OUTREACH SITE IN ALEXANDRIA

Offers one session counselling to assist you with a current problem and work together with you on possible solutions.

FOR INDIGENOUS YOUTH



Centred around culture and community, **Wabano** Indigenous youth programs (12+) give youth the opportunity to connect with each other and uncover their strengths.

Wabano aims to empower Indigenous youth of every background to forge their own path.

Check out their website calendar:
<https://wabano.com/calendar/>

**youth
wellness
hubs**
ONTARIO



**carrefours
bien-être
pour les jeunes**
DE L'ONTARIO

