

# ROCKLAND YOUTH WELLNESS HUB

## SUPPORTING YOUTH AGES 12-25

1517 LAURIER ST. ROCKLAND, ON



<https://youthhubs.ca/site/rockland-pr-youth-wellness-hub>



TEXT/CALL 613-577-7219 TO:

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



@ROCKLANDYOUTHUB

HOURS	
MONDAY	1-7 PM
TUESDAY	10 AM - 4 PM
WEDNESDAY	OUTREACH SITE 9-3 PM
THURSDAY	11 AM - 7 PM
FRIDAY	OUTREACH SITE 9-4 PM

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>CLOSED</b>	2 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER	3 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH AND ADDICTION	4 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 11-7 PM: ADDICTION 11-1 PM: LUNCH HANGOUT 11-1 PM: PUBLIC HEALTH NURSE 5-7 PM: TRIVIA NIGHT (DISNEY)	5 <b>CLOSED</b>
8 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION	9 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT	10 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH AND ADDICTION	11 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 11-7 PM: ADDICTION 11-1 PM: LUNCH HANGOUT	12 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER
15 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 5-6:30 PM: PING-PONG TOURNAMENT	16 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT	17 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH AND ADDICTION	18 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 11-7 PM: ADDICTION 11-1 PM: PUBLIC HEALTH NURSE 11-1 PM: LUNCH HANGOUT 4:30-7 PM: MOVIE NIGHT	19 <b>CLOSED</b>
22 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 5:30-7 PM: PAINT NIGHT	23 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT	24 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH AND ADDICTION	25 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 11-7 PM: ADDICTION 11-1 PM: LUNCH HANGOUT 4:30-6 PM: BASKETBALL TOURNAMENT	26 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER
29 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION	30 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT 4:30-5:30 PM: LET'S TALK ABOUT FOOD WORKSHOP			

Revised April 5, 2024

## 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!

## ADDICTION

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

## FINANCIAL AID

Call 613-577-7219 to get connected by telephone for help with your financial difficulties.

## NURSE PRACTITIONER

Prescriptions, sexual health and all things medical.

## 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:

### LUNCH HANGOUT

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

Bring your lunchbox and come hangout at the Hub during your lunch break!

### PING-PONG TOURNAMENT

**\*Register - call 613-577-7219.**

Come play Ping-Pong with us and your friends!

### TRIVIA NIGHT (DISNEY)

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

Come and join us for a Trivia night with several Disney-themed questions in Kahoot form!

### MOVIE NIGHT (ENGLISH)

**\*Register - call 613-577-7219**

Come and watch a move with us and your friends!

### PAINT NIGHT

**\*Register - call 613-577-7219**

If you like painting, come and paint with us!

### BASKETBALL TOURNAMENT

**\*Registration required - call 613-577-7219**

Bring your friends! Come play ball!

### LET'S TALK ABOUT FOOD WORKSHOP

**\*Registration required - call 613-577-7219**

Join the Mental Health Counsellor and Registered Dietitian in discussing ways to view nutrition in a different light. Let's explore the myths and realities that influence how we nourish our bodies!

## OUTREACH SITE IN HAWKESBURY AND EMBRUN

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/>