

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

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION</p>	<p>2</p> <p>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 4-6 PM: PICTURE SCAVENGER HUNT</p>	<p>3</p> <p>CLOSED</p>
<p>6</p> <p>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 4-5:30 PM: HANG OUT (BOARD GAMES)</p>	<p>7</p> <p>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT</p>	<p>8</p> <p>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-12 PM: PUBLIC HEALTH NURSE</p>	<p>9</p> <p>11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 11-7 PM: ADDICTION 11-1 PM: LUNCH HANGOUT 5-6:30 PM: VOLLEYBALL</p>	<p>10</p> <p>OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER</p>
<p>13</p> <p>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 5:30-7 PM: FLOWER POT PAINTING & GARDENING</p>	<p>14</p> <p>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT</p>	<p>15</p> <p>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION</p>	<p>16</p> <p>CLOSED</p>	<p>17</p> <p>CLOSED</p>
<p>20</p> <p>CLOSED</p>	<p>21</p> <p>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT</p>	<p>22</p> <p>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-12 PM: PUBLIC HEALTH NURSE</p>	<p>23</p> <p>11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 11-7 PM: ADDICTION 11-1 PM: LUNCH HANGOUT 4:30-6 PM: SUMMER VISION BOARDS</p>	<p>24</p> <p>OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER</p>
<p>27</p> <p>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 2-7 PM: PARENT/CAREGIVER SUPPORT (BY APPOINTMENT - VIRTUAL)</p>	<p>28</p> <p>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT</p>	<p>29</p> <p>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION</p>	<p>30</p> <p>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 4-5:30 PM: SOCIAL ANXIETY WORKSHOP</p>	<p>31</p> <p>CLOSED</p>

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!

PICTURE SCAVENGER HUNT

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

Join us for a photo hunt. Bring your friends for even more fun! Prizes will be awarded to the 3 winners.

HANGOUT & PLAY BOARD GAMES

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

If you like board games, come and have fun with us!

FLOWER POT PAINTING & GARDENING

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

If you love painting and gardening, join us to paint a flowerpot and plant a flower!

VOLLEYBALL

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

Bring your friends! Come play volleyball!

SOCIAL ANXIETY WORKSHOP

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

Group activities and discussions on social anxiety. Explore ways in which social anxiety can manifest itself and learn management techniques.

SUMMER VISION BOARDS

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

Come and create a summer vision board. It will be a lot of fun and we will have a themed beverage!

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/>