

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	SUMMER: 10-4 PM
TUESDAY	10 AM - 4 PM
WEDNESDAY	OUTREACH SITE 9-3 PM
THURSDAY	SUMMER: 10-4 PM
FRIDAY	OUTREACH SITE 9-4 PM

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	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 & ADDICTION 9-12 PM: PUBLIC HEALTH NURSE	4 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 11-1 PM: LUNCH HANGOUT 2-3:30 PM: RECOGNIZING MY PRIVILEGES (FRENCH)	5 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER
8 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 11-1 PM: LUNCH HANGOUT 1-3 PM: DRAWING WITH CHALK	9 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-3 PM: WALK & SMOOTHIE	10 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	11 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 11-1 PM: LUNCH HANGOUT 2-3:30 PM: RECOGNIZING MY PRIVILEGES (FRENCH)	12 CLOSED
15 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 11-1 PM: LUNCH HANGOUT	16 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 1-3 PM: FRIENDSHIP BRACELETS	17 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-12 PM: PUBLIC HEALTH NURSE	18 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 11-1 PM: LUNCH HANGOUT 2-3:30 PM: RECOGNIZING MY PRIVILEGES (FRENCH)	19 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER
22 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 11-1 PM: LUNCH HANGOUT 1-4 PM: SUPPORT FOR PARENTS/CAREGIVERS	23 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 1-3 PM: TIE-DYE	24 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	25 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 11-1 PM: LUNCH HANGOUT 1-3 PM: PICKLEBALL	26 CLOSED
29 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 11-1 PM: LUNCH HANGOUT 1-4 PM: EMPLOYMENT	30 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 1-3 PM: READING IN THE PARK	31 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-12 PM: PUBLIC HEALTH NURSE		

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!

FRIENDSHIP BRACELET

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

Come join us to make friendship bracelets and bring your friends for even more fun!

CHALK DRAWING

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

Join us as to create a mural by drawing with chalk. Bring your friends for more fun!

WALK & SMOOTHIE

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

Join us for a healthy smoothie and a walk!

TIE-DYE

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

Join us to make tie-dye vests. Bring your friends!

PICKLEBALL

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

Bring your friends and join us for a game of pickleball! We will supply the equipment.

RECOGNIZING MY PRIVILEGES

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

Are you a girl between the ages of 12 and 25 looking for summer hobbies? Join us in a supportive space to talk about a variety of topics and take part in enriching activities.

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/>