

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	SUMMER: 10-4 PM
WEDNESDAY	SUMMER: 10-6:30 PM
THURSDAY	10-4 PM
EVERY SECOND FRIDAY	OUTREACH SITE 9-4 PM

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-4: NURSE PRACTITIONER 1-4 PM: PARENT & CAREGIVER SUPPORT 4:30-6:30 PM: 2SLGBTQ+ GROUP: JOIN US FOR HOTDOGS, HALAL & VEGGIE HOTDOGS!	CLOSED
5 CLOSED	6 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-1 PM: ADDICTION 11:30-3 PM: NURSE PRACTITIONER 1-3 PM: BINGO - COPING SKILLS	7 10-6:30 PM: PEER SUPPORT 10-6:30 PM: MENTAL HEALTH 4-6:30 PM: YOUTH SUPPORT WORKER 4-6 PM: CHILL NIGHT / PAINT NIGHT	8 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-4: NURSE PRACTITIONER 1-3 PM: MOVIE: INSIDE OUT	9 <u>OUTREACH SITE:</u> 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 AM: MENTAL HEALTH & ADDICTION
12 CLOSED	13 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-1 PM: ADDICTION 11:30-3 PM: NURSE PRACTITIONER	14 10-6:30 PM: PEER SUPPORT 10-6:30 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-6:30 PM: YOUTH SUPPORT WORKER 4-6 PM: CHILL NIGHT / BOARD GAMES	15 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-4 PM: PARENT & CAREGIVER SUPPORT 1-4 PM: NURSE PRACTITIONER 1-3 PM: DUNGEONS AND DRAGONS	16 CLOSED
19 CLOSED	20 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-1 PM: ADDICTION 1-3 PM: EMOTIONS CHARADES	21 10-6:30 PM: PEER SUPPORT 10-6:30 PM: MENTAL HEALTH 4-6:30 PM: YOUTH SUPPORT WORKER 4-6 PM: CHILL NIGHT / CARDS	22 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-4 PM: NURSE PRACTITIONER	23 <u>OUTREACH SITE</u> 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION
26 CLOSED	27 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-1 PM: ADDICTION	28 10-6:30 PM: PEER SUPPORT 10-6:30 PM: MENTAL HEALTH 4-6:30 PM: YOUTH SUPPORT WORKER 4-6 PM: CHILL NIGHT / VIDEOGAMES	29 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	30 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!

Join us for free hot dogs to celebrate the summer! Halal and veggie dogs provided as well.

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 activities are hosted by a Youth Support Worker from CAS.

COPING SKILLS BINGO

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

Learn about coping skills from our mental health counsellor while also playing a fun game of bingo! At the end, we will fill out a self-care plan worksheet with the coping skills we learned, and youth will be able to leave with a fact sheet of coping skills and their self-care plan.

DUNGEONS AND DRAGONS

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

Join us in playing the classic table top role-playing game Dungeons & Dragons! Where will your adventures take you? It's up to you! Both beginners and experienced players are welcome. All materials will be provided, but feel free to bring your own as well!

EMOTIONS CHARADES

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

We will start by providing brief psychoeducation on emotions, and then jump straight into the charades! We will create different scenarios that the youth will act out and the rest of the group will try to guess the emotion. There will be a group discussion/debrief at the end of the activity.

INSIDE OUT WATCH-ALONG

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

We will watch the Inside Out movie and at the end, have a group discussion on what we can learn from this film. Snacks provided!

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/programs-and-events/youth-programs/>