

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

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 2-4 PM: SOLID'ELLE GROUP	1 2 OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER
CLOSED	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 1-2:30 PM: BOARD GAMES	OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION	CLOSED
10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 11:30-1 PM: LUNCH HANGOUT	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER	OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 2-6 PM: CARNIVAL	OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER
10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 11:30-1 PM: LUNCH HANGOUT	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 1-2:30 PM: PAINTING	OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 2-6 PM: RAIN DAY FOR CARNIVAL	OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION
10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 11:30-1 PM: LUNCH HANGOUT 1-3:30 PM: MOVIE (ENGLISH) 1-4 PM: EMPLOYMENT 1-4 PM: SUPPORT FOR PARENTS/CAREGIVERS	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER	OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-12 PM: PUBLIC HEALTH NURSE	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION	OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER

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!

BOARD GAMES

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

Come and play board games with us. Bring your friends for even more fun!

CARNIVAL

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

Join us at the Hub carnival. Lots of activities, cotton candy, popcorn and prizes to be won. If you're interested in volunteering, please contact us at 613-577-7219.

PAINTING

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

Join us for a painting hang-out. Come one, come all!

MOVIE

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

Join us for a movie night at the hub. Bring your friends for even more fun!

PICKLEBALL

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

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

SOLID'ELLE GROUP (FRENCH)

***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:

<https://wabano.com/programs-and-events/youth-programs/>