

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	1-8 PM
WEDNESDAY	1-8 PM
THURSDAY	10-4 PM
EVERY SECOND FRIDAY	OUTREACH SITE 9-4 PM

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: ADDICTION	2 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / CARD GAMES	3 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-4 PM: PARENT & CAREGIVER SUPPORT 10-12 PM: YOUNG PARENTS GROUP 4:30-6:30 PM: 2SLGBTQ+ GROUP - HALLOWEEN TOTE BAGS	4 <u>OUTREACH SITE:</u> 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 AM: MENTAL HEALTH & ADDICTION
7 CLOSED	8 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-2:30 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION 4-6 PM: ART & RHYTHM: EXPRESSING EMOTIONS THROUGH CREATIVITY	9 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / BINGO WITH PRIZES	10 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-3:30 PM: NURSE PRACTITIONER 10-12 PM: YOUNG PARENTS GROUP	11 CLOSED
14 CLOSED	15 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-2:30 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	16 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / PUMPKIN PAINTING	17 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-3:30 PM: NURSE PRACTITIONER 1-4 PM: PARENT & CAREGIVER SUPPORT 10-12 PM: YOUNG PARENTS GROUP	18 CLOSED
21 <u>OUTREACH SITE</u> 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION	22 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: ADDICTION 4-6 PM: CONNECT & COLLABORATE: TEAM COMMUNICATION CHALLENGES	23 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / SURPRISE ACTIVITY	24 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-12 PM: YOUNG PARENTS GROUP	25 CLOSED
28 CLOSED	29 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: ADDICTION	30 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / DUNGEONS & DRAGONS HALLOWEEN PARTY	31 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-12 PM: YOUNG PARENTS GROUP	

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!

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 special activities are hosted by a Youth Support Worker from CAS.

DUNGEONS & DRAGONS

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

Join us in playing the classic tabletop 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!

YOUNG PARENTS GROUP

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

A semi-structured support group for young parents, our new group focuses on creating a positive and safe environment for young parents to meet other young parents. This group is made possible by a partnership with Early On as they will provide childcare if needed.

CONNECT & COLLABORATE: TEAM COMMUNICATION CHALLENGES

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

In this group activity, we will engage in different teamwork challenges designed to enhance communication skills and foster trust among team members. Join us for a fun afternoon of challenges and of learning new communication skills!

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/calendar/>

ART & RHYTHM: EXPRESSING EMOTIONS THROUGH CREATIVITY

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

In this group activity, we'll express our emotions through art and music. We'll create a playlist of songs that resonate with our current emotions and experiences. We'll then play this "playlist" while using expressive finger painting to create art that reflect your feelings. Join us for an afternoon of creativity and connection!