

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

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	2 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	3 12-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 11-7 PM: ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-6 PM: MOVIE & EMOTIONS DISCUSSION: INSIDE OUT 2	4 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION
7 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 4-5:30 PM: BASKETBALL	8 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	9 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-12 PM: PUBLIC HEALTH NURSE	10 12-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 11-7 PM: ADDICTION 11:30-1 PM: LUNCH HANGOUT	11 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER
14 CLOSED	15 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	16 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	17 12-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 11-7 PM: ADDICTION 11:30-1 PM: LUNCH HANGOUT	18 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION
28 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION	22 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	23 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-12 PM: PUBLIC HEALTH NURSE	24 12-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 11-7 PM: ADDICTION 11:30-1 PM: LUNCH HANGOUT	25 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER
28 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 4-7 PM: PARENT/CAREGIVER SUPPORT (BY APPOINTMENT)	29 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	30 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	31 12-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 11-7 PM: ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: HALLOWEEN BINGO	

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!

BASKETBALL

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

Come and join us to play basketball. Bring your friends for even more fun. Equipment will be provided.

BOARD GAMES & NINTENDO SWITCH

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

Come join us for board games and playing Nintendo Switch!

HALLOWEEN BINGO

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

Join us on October 31 to play Halloween-themed bingo. Winners will be given candy! Come one, come all!

MOVIE & DISCUSSION ON EMOTIONS: INSIDE OUT 2

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

Come watch the movie Inside Out 2. Afterwards, we'll discuss emotions with our mental health therapist.

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/>