

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

NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				OUTREACH SITE: 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 AM: MENTAL HEALTH & ADDICTION
4 CLOSED	5 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: ADDICTION 4-6 PM: DAY OF THE DEAD ACTIVITY - THE IMPORTANCE OF REMEMBERING	6 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / FRIENDSHIP BRACELETS	7 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 4:30-6:30 PM: 2SLGBTQIA+ GROUP	8 CLOSED
11 CLOSED	12 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: ADDICTION	13 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 / PAINT NIGHT	14 10-4 PM: MENTAL HEALTH 1-3:30 PM: NURSE PRACTITIONER 10-12 PM: YOUNG PARENTS GROUP	15 OUTREACH SITE: 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 AM: MENTAL HEALTH & ADDICTION
18 CLOSED	19 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: ADDICTION 4-6 PM: COPING WITH ANGER ACTIVITIES	20 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT / SURPRISE ACTIVITY	21 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-3:30 PM: NURSE PRACTITIONER 10-12 PM: YOUNG PARENTS GROUP 1-4 PM: PARENT & CAREGIVER SUPPORT	22 CLOSED
25 CLOSED	26 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: ADDICTION	27 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT / BOARD GAMES	28 CLOSED	29 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!

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.

SKILLS TO COPE WITH ANGER - UPGRADE YOUR TOOLBOX

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

Join us for a group activity focusing on anger management and coping skills! We will engage in different activities and learn how to express and manage anger.

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, who provides age appropriate activities and resources for families.

DAY OF THE DEAD GROUP: THE IMPORTANCE OF REMEMBERING

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

Join us for a Day of the Dead group activity where we will explore the traditions of this celebration and decorate sugar skulls. We will learn about the importance of honoring and remembering loved ones who have passed away.

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/>

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