

# 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

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1-7 PM: MENTAL HEALTH & ADDICTION	3 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	4 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-12 PM: PUBLIC HEALTH NURSE	5 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT	6 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER
9 1-5 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION	10 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	11 CLOSED	12 11-7 PM: MENTAL HEALTH & ADDICTION 1-7 PM: PEER SUPPORT 11:30-1 PM: LUNCH HANGOUT 4-6 PM: NEURODIVERGENT GROUP: WINTER CRAFTS	13 CLOSED
16 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION	17 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	18 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-12 PM: PUBLIC HEALTH NURSE	19 11-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-6 PM: FRENCH MOVIE - LA GUERRE DES TUQUES	20 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER
23 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-3 PM: GINGERBREAD HOUSE MAKING COMPETITION	24 *VIRTUAL SERVICES ONLY FROM 9-12* 9-12 PM: MENTAL HEALTH & ADDICTION 9-12 PM: NURSE PRACTITIONER	25 CLOSED	26 CLOSED	27 CLOSED
30 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-2 PM: DISNEY TRIVIA	31 *VIRTUAL SERVICES ONLY FROM 9-12* 9-12 PM: MENTAL HEALTH & ADDICTION 9-12 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!

### NEURODIVERGENT GROUP: WINTER CRAFTS

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

Are you part of the neurodivergent community (ADHD, autism, Tourette's syndrome, etc.)? This group is for you! We will be making a winter craft where you can have fun and meet others in a safe and caring environment. No pressure, just fun activities and a space where you can be yourself!

### SOIRÉE DE FILM: LA GUERRE DES TUQUES

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

Join us for a movie night, where we will watch La guerre des tuques.

### GINGERBREAD HOUSE COMPETITION

**\*Registration is required - call or text 613-577-7219**

Join us for a gingerbread house competition. Bring your friends for even more fun! Materials will be provided.

### DISNEY TRIVIA

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

Join us for a game of Disney Trivia. Bring your friends!

## 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/>