

# 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

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>CLOSED</b> <b>HAPPY NEW YEARS!</b>	2 <b>CLOSED</b>	3 <b>CLOSED</b>
6 <b>CLOSED</b>	7 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION	8 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 4-8 PM: YOUTH SUPPORT WORKER <b>5:30-7:30 PM: CHILL NIGHT / PAINT NIGHT</b>	9 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-3:30 PM: NURSE PRACTITIONER <b>10-12 PM: YOUNG PARENTS GROUP</b> <b>4:30-6:30 PM: 2SLGBTQIA+ GROUP</b>	10 <b>OUTREACH SITE:</b> <b>5 MAIN ST. ALEXANDRIA</b> 9-4 PM: PEER SUPPORT 9-4 AM: MENTAL HEALTH & ADDICTION
13 <b>CLOSED</b>	14 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION	15 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER <b>5:30-7:30 PM: CHILL NIGHT / BINGO W/PRIZES</b>	16 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-3:30 PM: NURSE PRACTITIONER	17 <b>CLOSED</b>
20 <b>CLOSED</b>	21 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION <b>4-6 PM: TOOLS FOR THRIVING: BUILDING SELF-COMPASSION</b>	22 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 4-8 PM: YOUTH SUPPORT WORKER <b>5:30-7:30: CHILL NIGHT / BOARD GAMES</b>	23 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-3:30 PM: NURSE PRACTITIONER <b>10-12 PM: YOUNG PARENTS GROUP</b>	24 <b>OUTREACH SITE:</b> <b>5 MAIN ST. ALEXANDRIA</b> 9-4 PM: PEER SUPPORT 9-4 AM: MENTAL HEALTH & ADDICTION
27 <b>CLOSED</b>	28 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION	29 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 4-8 PM: YOUTH SUPPORT WORKER <b>5:30-7:30: CHILL NIGHT / ALL INTENTIONS MATTER</b>	30 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-3:30 PM: NURSE PRACTITIONER	31 <b>CLOSED</b>

## 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.**

### 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.

### TOOLS FOR THRIVING: BUILDING SELF-COMPASSION

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

In this group activity, participants will learn what self-compassion is, why it's important, and how to apply it in their daily life. Join us to develop tools for building a kinder relationship with yourself!

## 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/>

youth  
wellness  
hubs  
ONTARIO

Cornwall  
& SDG

carrefours  
bien-être  
pour les jeunes  
DE L'ONTARIO

Cornwall  
& SDG