

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

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED HAPPY NEW YEARS!	2 CLOSED	3 CLOSED
6 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION	7 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	8 <u>OUTREACH SITE</u> <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION 9-12 PM: PUBLIC HEALTH NURSE	9 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-6 PM: NEURODIVERGENT GROUP: WINTER CRAFT	10 CLOSED
13 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-6 PM: WELLNESS WORKSHOP (FRENCH ONLY)	14 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	15 <u>OUTREACH SITE</u> <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION	16 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT	17 <u>OUTREACH SITE</u> <u>EMBRUN: 649 NOTRE-DAME</u> 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: NURSE PRACTITIONER
20 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION	21 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	22 <u>OUTREACH SITE</u> <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION 9-12 PM: PUBLIC HEALTH NURSE	23 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-6 PM: SNOWMAN COMPETITION	24 CLOSED
27 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 1-4 PM: EMPLOYMENT	28 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	29 <u>OUTREACH SITE</u> <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION	30 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-6 PM: WINTER PHOTOGRAPHY	31 <u>OUTREACH SITE</u> <u>EMBRUN: 649 NOTRE-DAME</u> 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 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!

WELLNESS WORKSHOP (FRENCH ONLY)

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

Join us for a wellness workshop. Call 613-577-7219 for more information. Stay tuned for more details on social media.

NEURODIVERGENT GROUP

***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 meet every second Thursday of the month for a fun activity, this month a winter craft workshop where you can create, have fun and meet others in a safe and caring environment.

No pressure, just fun activities and a space where you can be yourself! Come and have a great time with us, we can't wait to see you!

SNOWMAN COMPETITION

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

Come and defy the cold and create the most original snowman! Use your creativity and accessories to personalize it. At the end, the most impressive will be rewarded.

WINTER PHOTOGRAPHY WITH HOT CHOCOLATE

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

Venture out into the snow, camera in hand, and capture the magic of winter: snow-covered landscapes, frosted trees, falling snowflakes. After your walk, join us over a well-deserved hot chocolate to share your best photos.

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/>