

# APRIL 2026

## ROCKLAND YOUTH WELLNESS HUB

### SUPPORTING YOUTH AGES 12-25

1517 LAURIER ST. ROCKLAND, ON  
TEXT/CALL 613-577-7219



@ROCKLANDYOUTHUB



MONDAY - ROCKLAND 1-7 PM	TUESDAY - ROCKLAND 10 AM -4 PM	WEDNESDAY - HAWKESBURY 9 AM-3 PM & 3:30-5:30 PM	THURSDAY - ROCKLAND 11 AM-7 PM	FRIDAY - EMBRUN 9 AM-3 PM	SATURDAY- HAWKESBURY 10 AM-2 PM
		<p><u>HAWKESBURY: 580 SPENCE AVE.</u> 1 9-3 PM: MENTAL HEALTH &amp; ADDICTION 9-3 PM: PEER SUPPORT</p> <p><u>HAWKESBURY: 412 CARTIER BLVD</u> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)</p>	<p>2 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH &amp; ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: MOVIE NIGHT</p>	<p>3 <b>CLOSED</b></p>	<p>4 <u>HAWKESBURY: 412 CARTIER BLVD,</u> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15): NEW LOCATION FOR FUN YOUTH ACTIVITIES</p>
<p>6 <b>CLOSED</b></p>	<p>7 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH &amp; ADDICTION 11:30-1 PM: LUNCH HANGOUT</p>	<p><u>HAWKESBURY: 580 SPENCE AVE.</u> 8 9-3 PM: MENTAL HEALTH &amp; ADDICTION 9-3 PM: PEER SUPPORT</p> <p><u>HAWKESBURY: 412 CARTIER BLVD</u> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)</p>	<p>9 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH &amp; ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: NEURODIVERGENT GROUP: TRIVIA NIGHT</p>	<p>10 <u>EMBRUN: 649 NOTRE-DAME</u> 9-4 PM: MENTAL HEALTH &amp; ADDICTION 9-4 PM: PEER SUPPORT</p>	<p>11 <u>HAWKESBURY: 412 CARTIER BLVD,</u> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15): NEW LOCATION FOR FUN YOUTH ACTIVITIES</p>
<p>13 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH &amp; ADDICTION 4-5:30 PM: HOMEWORK CLUB</p>	<p>14 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH &amp; ADDICTION 11:30-1 PM: LUNCH HANGOUT</p>	<p><u>HAWKESBURY: 580 SPENCE AVE.</u> 15 9-3 PM: MENTAL HEALTH &amp; ADDICTION 9-3 PM: PEER SUPPORT</p> <p><u>HAWKESBURY: 412 CARTIER BLVD</u> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)</p>	<p>16 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH &amp; ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: PAINT NIGHT</p>	<p>17 <u>EMBRUN: 649 NOTRE-DAME</u> 9-4 PM: MENTAL HEALTH &amp; ADDICTION 9-4 PM: PEER SUPPORT</p>	<p>18 <u>HAWKESBURY: 412 CARTIER BLVD,</u> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15): NEW LOCATION FOR FUN YOUTH ACTIVITIES</p>
<p>20 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH &amp; ADDICTION 4-5:30 PM: HOMEWORK CLUB</p>	<p>21 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH &amp; ADDICTION 11:30-1 PM: LUNCH HANGOUT</p>	<p><u>HAWKESBURY: 580 SPENCE AVE.</u> 22 9-3 PM: MENTAL HEALTH &amp; ADDICTION 9-3 PM: PEER SUPPORT</p> <p><u>HAWKESBURY: 412 CARTIER BLVD</u> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)</p>	<p>23 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH &amp; ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: BOARD GAMES</p>	<p>24 <u>EMBRUN: 649 NOTRE-DAME</u> 9-4 PM: MENTAL HEALTH &amp; ADDICTION 9-4 PM: PEER SUPPORT</p>	<p>25 <u>HAWKESBURY: 412 CARTIER BLVD,</u> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15): NEW LOCATION FOR FUN YOUTH ACTIVITIES</p>
<p>27 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH &amp; ADDICTION 1-4 PM: EMPLOYMENT 4-5:30 PM: HOMEWORK CLUB</p>	<p>28 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH &amp; ADDICTION 11:30-1 PM: LUNCH HANGOUT</p>	<p><u>HAWKESBURY: 580 SPENCE AVE.</u> 29 9-3 PM: MENTAL HEALTH &amp; ADDICTION 9-3 PM: PEER SUPPORT</p> <p><u>HAWKESBURY: 412 CARTIER BLVD</u> 3:30-5:30 PM: NEW LOCATION FOR</p>	<p>30 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH &amp; ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: ESCAPE ROOM</p>		

## 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:

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

### LUNCH HANGOUT

Bring your lunchbox and come hangout at the Hub during your lunch break!

### NEURODIVERGENT GROUP

Are you part of the neurodivergent community (ADHD, autism, Tourette's syndrome, etc.)? This group is for you! We meet on the second Thursday of the month for a fun activity. Come have fun and meet new people in a safe, caring environment. No pressure, just fun activities and a space where you can be yourself!

### BOARD GAMES & NINTENDO SWITCH

Join us for a fun gaming session! Play your favourite games, challenge friends and have a great time together!

### MOVIE NIGHT

Looking for a chill evening? Come watch a movie, enjoy snacks and relax with friends!

### HOMEWORK CLUB

Join us for Homework Club! Get help with your assignments, study in a calm environment, and stay motivated with friends.

### ESCAPE ROOM

Join us for a fun Escape Room night! Work together to solve puzzles, find clues and try to escape before the time runs out!

### NEW: HAWKESBURY YOUTH HUB

A safe and inclusive space where youth can gather, share ideas, participate in activities, and find support in a respectful and non-judgmental environment.

Free activities and games, creative activities such as art, music and projects, as well as discussions about stress, emotions, social media, and healthy relationships.

**Ages 12-17: Wednesdays from 3:30-5:30 pm**

**Ages 9-11: Saturdays from 10:00-11:30 am**

**Ages 12-15: Saturdays from 12:30-2:00 pm**

### 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 youth programs/events:  
<https://wabano.com/programs-and-events/youth-programs/>