

ROCKLAND YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25

1517 LAURIER ST. ROCKLAND, ON



www.youthhubs.ca/eastern-champlain



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	10AM - 4 PM
WEDNESDAY	OUTREACH SITE 9-3 PM
THURSDAY	11 AM - 7 PM
FRIDAY	OUTREACH SITE 9-4 PM

JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11AM-7PM: PEER SUPPORT 11AM-7PM: MENTAL HEALTH 1:30-4PM: NURSE PRACTITIONER 4-7 PM: PUBLIC HEALTH NURSE	2 CLOSED
5 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 5-7 PM: CHILL NIGHT (BOARD GAMES)	6 10AM-4 PM: PEER SUPPORT 10AM-4PM: MENTAL HEALTH 1:30-4PM: NURSE PRACTITIONER (IN PERSON)	7 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	8 11AM-1PM: LUNCH HANGOUT 11AM-7PM: PEER SUPPORT 11AM-7PM: MENTAL HEALTH	9 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH
12 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: PARENT/CAREGIVER SUPPORT 5-7 PM: CHILL NIGHT (FATHER'S DAY CARD MAKING)	13 10AM-4 PM: PEER SUPPORT 10AM-4PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	14 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	15 11AM-1PM: LUNCH HANGOUT 11AM-7PM: PEER SUPPORT 11AM-7PM: MENTAL HEALTH 1:30-4PM: NURSE PRACTITIONER 4-7 PM: PUBLIC HEALTH NURSE	16 CLOSED
19 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 5-7 PM: CHILL NIGHT (MOVIE NIGHT)	20 10AM-4 PM: PEER SUPPORT 10AM-4PM: MENTAL HEALTH 1:30-4PM: NURSE PRACTITIONER (IN PERSON)	21 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	22 11AM-1PM: LUNCH HANGOUT 11AM-7PM: PEER SUPPORT 11AM-7PM: MENTAL HEALTH	23 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH
26 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 1-4 PM: PARENT/CAREGIVER SUPPORT 5-7PM: CHILL NIGHT (CARD GAMES)	27 10AM-4 PM: PEER SUPPORT 10AM-4PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	28 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	29 11AM-1PM: LUNCH HANGOUT 11AM-7PM: PEER SUPPORT 11AM-7PM: MENTAL HEALTH 1:30-4PM: NURSE PRACTITIONER 4-7 PM: PUBLIC HEALTH NURSE	30 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!

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 peer support worker to get support and tools to improve your relationship with your child.

GROUPS/ACTIVITIES:

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!

LUNCH HANGOUT

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

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

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/>

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