

HUB HOURS

VIRTUAL or WALK-IN

TUESDAY & WEDNESDAY: 1-8 PM

THURSDAY: 1-4 PM

LOCATION: 212 PITT ST.

TEXT/TALK 613-577-7216 TO BOOK AN APPOINTMENT OR TO SPEAK TO A PEER SUPPORT WORKER

Updated: May 3, 2021



@CornwallYouthHub


Check out our social media or webpage for the most up-to-date schedule!

www.youthhubs.ca

MAY 2021

CORNWALL YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>4-5PM: WRITING A MOTHER'S DAY LETTER (ENGLISH)</p> <p>5-6PM: WRITING A MOTHER'S DAY LETTER (FRENCH)</p>	<p>4</p> <p>1-8 PM: PEER SUPPORT</p> <p>1-8 PM: MENTAL HEALTH</p> <p>1-8 PM: NURSE PRACTITIONER</p> <p>4-8 PM: ADDICTION</p>	<p>5</p> <p>1-8 PM: PEER SUPPORT</p> <p>1-6 PM: MENTAL HEALTH</p> <p>2:30-6 PM: EMPLOYMENT</p> <p>4-8 PM: NURSE PRACTITIONER</p> <p>4-8 PM: YOUTH SUPPORT WORKER</p>	<p>6</p> <p>1-4 PM: PEER SUPPORT</p> <p>1-4 PM: MENTAL HEALTH</p> <p>5-7 PM: LGBT2SQ GROUP WITH AMONG US (ENGLISH)</p> 	<p>7</p>
<p>10</p>	<p>11</p> <p>1-8 PM: PEER SUPPORT</p> <p>1-8 PM: MENTAL HEALTH</p> <p>1-8 PM: NURSE PRACTITIONER</p> <p>4-8 PM: ADDICTION</p>	<p>12</p> <p>1-8 PM: PEER SUPPORT</p> <p>1-6 PM: MENTAL HEALTH</p> <p>2:30-6 PM: EMPLOYMENT</p> <p>4-8 PM: NURSE PRACTITIONER</p> <p>4-8 PM: YOUTH SUPPORT WORKER</p> <p>6-7:30PM: SPRING BINGO (BILINGUAL)</p>	<p>13</p> <p>1-4 PM: PEER SUPPORT</p> <p>1-4 PM: MENTAL HEALTH</p> <p>4-5PM: BOOK CLUB (ENGLISH)</p>	<p>14</p>
<p>17</p>	<p>18</p> <p>1-8 PM: PEER SUPPORT</p> <p>1-8 PM: MENTAL HEALTH</p> <p>1-8 PM: NURSE PRACTITIONER</p> <p>4-8 PM: ADDICTION</p>	<p>19</p> <p>1-8 PM: PEER SUPPORT</p> <p>1-6PM: MENTAL HEALTH</p> <p>2:30-6 PM: EMPLOYMENT</p> <p>4-8 PM: NURSE PRACTITIONER</p> <p>4-8 PM: YOUTH SUPPORT WORKER</p>	<p>20</p> <p>1-4 PM: PEER SUPPORT</p> <p>1-4 PM: MENTAL HEALTH</p> <p>5:30-6:30PM: GAME NIGHT (BILINGUAL)</p>	<p>21</p>
<p>24</p>	<p>25</p> <p>1-8 PM: PEER SUPPORT</p> <p>1-8 PM: MENTAL HEALTH</p> <p>1-8 PM: NURSE PRACTITIONER</p> <p>4-8 PM: ADDICTION</p>	<p>26</p> <p>1-8 PM: PEER SUPPORT</p> <p>1-6 PM: MENTAL HEALTH</p> <p>2:30-6 PM: EMPLOYMENT</p> <p>4-8 PM: NURSE PRACTITIONER</p> <p>4-8 PM: YOUTH SUPPORT WORKER</p> <p>4-5PM: BOOK CLUB (FRENCH)</p>	<p>27</p> <p>1-4 PM: PEER SUPPORT</p> <p>1-4 PM: MENTAL HEALTH</p>	<p>28</p>
<p>31</p>	<p>31</p>			

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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 counselor 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.



LGBT2SQ YOUTH GROUP

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! To register, click [here](#).

IF YOU WANT TO JOIN ONE OF THE SPECIAL ACTIVITIES LISTED BELOW, CALL OR TEXT 613-577-7216 TO REGISTER:

- Writing a Mother's Day Letter
- Spring Bingo
- Game Night
- Book Club

FOR PARENTS:

MAY 10 from 5:30-7:00 PM:

CAMH Addiction Workshop for Families

A virtual workshop for family and friends concerned about a young person's substance use. Call Jenn to learn more and register, 416-535-8501, ext. 33163.

For more information, click [here](#).

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FOR INDIGENOUS YOUTH



Centred around culture and community, **Wabano** offers many virtual and in-person Indigenous youth events.

Virtual events like:

- Youth Drop-In
 - After School Program
 - Two Spirit Youth Circle
 - Short Stories with Aunties
 - Yoga
 - Zumba
 - Diva Night
-and more!



Check out their website calendar frequently for new events and how to join:

<https://wabano.com/calendar/>

