

HUB HOURS

VIRTUAL or WALK-IN:

MONDAY & THURSDAY: 1-7 PM

TUESDAY: 10-4 PM

LOCATION: 1517 LAURIER ST.

TEXT/TALK: 613-577-7219 TO BOOK AN APPOINTMENT OR TO SPEAK TO A PEER SUPPORT WORKER

MAY 2021

ROCKLAND YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25

Revised May 3, 2021



@RocklandYouthHub

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

www.youthhubs.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4:30 PM: FINANCIAL AID (TELEPHONE) WRITING A MOTHER'S DAY LETTER: 4-5PM: ENGLISH AND 5-6PM: FRENCH	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH		1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-4 PM: EMPLOYMENT HELP 6-7 PM: NURSE PRACTITIONER (VIRTUAL) 1-4:30 PM: FINANCIAL AID (TELEPHONE) 5-7 PM: LGBT2SQ GROUP WITH AMONG US (ENGLISH)	
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT HELP 1-4:30 PM: FINANCIAL AID (TELEPHONE)	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	6-7:30PM: SPRING BINGO (BILINGUAL)	1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: NURSE PRACTITIONER 1-4:30 PM: FINANCIAL AID (TELEPHONE) 4-5 PM: VIRTUAL BOOK CLUB (ENGLISH)	
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4:30 PM: FINANCIAL AID (TELEPHONE) 4PM: VIRTUAL WORKOUT PROGRAM (BILINGUAL)	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH		1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-4 PM: EMPLOYMENT HELP 1-4:30 PM: FINANCIAL AID (TELEPHONE) 1-7 PM: NURSE PRACTITIONER 5:30-6:30PM: GAME NIGHT (BILINGUAL)	
CLOSED	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	4-5PM: BOOK CLUB (FRENCH)	1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: NURSE PRACTITIONER 1-4:30 PM: FINANCIAL AID (TELEPHONE)	
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4:30 PM: FINANCIAL AID (TELEPHONE) 4PM: VIRTUAL WORKOUT PROGRAM (BILINGUAL)				

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SEE PAGE 2 FOR DETAILS



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

On-call services: Get 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.



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](#).



VIRTUAL WORKOUT PROGRAM:

For more information or to register, contact Julie at 613-282-5342 or julalonde@valorispr.ca.

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:

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](#).

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/>

