

HUB HOURS

TUESDAY & WEDNESDAY: 1-8 PM

THURSDAY: 10 AM – 4 PM

VIRTUAL or WALK-IN

LOCATION: 212 PITT ST.





OCTOBER 2021
CORNWALL YOUTH WELLNESS HUB
SUPPORTING YOUTH AGES 12-25



@CornwallYouthHub

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER (VIRTUAL ONLY) 4-8 PM: ADDICTION	6 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER	7 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 5 PM: LGBT2SQ GROUP (ENGLISH) VIRTUAL 	8
11 	12 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER (VIRTUAL ONLY) 4-8 PM: ADDICTION	13 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER	14 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 6 PM: CAS LET'S TALK GROUP (ENGLISH)	15
18	19 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER (VIRTUAL ONLY) 4-8 PM: ADDICTION	20 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER	21 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	22
25	26 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: NURSE PRACTITIONER (IN PERSON) 4-8 PM: ADDICTION	27 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 6-7 PM: BOOK CLUB (FRENCH) VIRTUAL	28 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 4:30-5:30 PM: VIRTUAL BINGO (BILINGUAL) 6 PM: CAS LET'S TALK GROUP (ENGLISH)	29 

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 counsellor 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! **Text or call 613-577-7216 to register.**



LET'S TALK GROUP (CAS)

A group where we can discuss and plan for issues that are unique to teenagers today. This group is run by youth support workers, but the content is up to you guys! Topics could include drama, education, communication, healthy relationships, body image, boundaries and social media. **Text or call 613-577-7216 to register.**



BOOK CLUB (FRENCH)

Do you love reading? Read a book of your choice and let's talk about your adventures while meeting new people! **Text or call 613-577-7216 to register.**



VIRTUAL BINGO

Come join us in a virtual game of BINGO! **Text or call 613-577-7216 to register.**



www.youthhubs.ca/en/sites/eastern-champlain/

FOR INDIGENOUS YOUTH



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

Virtual events like:

- Youth Drop-In
- 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/>

