

## HUB HOURS

MONDAY: 1-7 PM

TUESDAY: 10 AM - 4 PM

THURSDAY: 1-7 PM

VIRTUAL or WALK-IN

LOCATION: 1517 LAURIER ST.

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

# OCTOBER 2021




## ROCKLAND YOUTH WELLNESS HUB SUPPORTING YOUTH AGES 12-25

Revised: September 29, 2021



@RocklandYouthHub

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE)	5 10 AM -4 PM: PEER SUPPORT 10 AM -4 PM: MENTAL HEALTH	6	7 1-7PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: NURSE PRACTITIONER 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT HELP 5 PM: LGBT2SQ GROUP (ENGLISH) - VIRTUAL 	8
11 CLOSED 	12 10 AM -4 PM: PEER SUPPORT 10 AM -4 PM: MENTAL HEALTH 12-12:55 PM: LUNCH TALK (IN PERSON)	13	14 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: NURSE PRACTITIONER 1-4 PM: FINANCIAL AID (TELEPHONE)	15
18 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4:PM: FINANCIAL AID (TELEPHONE)	19 10 AM -4 PM: PEER SUPPORT 10 AM -4 PM: MENTAL HEALTH 12-12:55 PM: LUNCH TALK (IN PERSON)	20	21 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: NURSE PRACTITIONER 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT HELP	22
25 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT HELP 4:30-6 PM: CTC COOKING WORKSHOP	26 10 AM -4 PM: PEER SUPPORT 10 AM -4 PM: MENTAL HEALTH 12-12:55 PM: LUNCH TALK (IN PERSON)	27 6-7PM: BOOK CLUB (FRENCH)	28 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: NURSE PRACTITIONER 1-4 PM: FINANCIAL AID (TELEPHONE) 4-5:30 PM: F.R.I.E.N.D.S PROGRAM (ENGLISH) 4:30-5:30 PM: VIRTUAL BINGO (BILINGUAL)	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!



### 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 (VIRTUAL)

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 613-577-7219 to register.**



### COOKING WORKSHOP

Come learn about nutrition all by cooking together! **Text or call 613-577-7219 to register.**



### LUNCH TALK AT THE HUB

Come join us for a self-care program and free meal! **Text or call 613-577-7219 to register.**



### BOOK CLUB

Do you love reading? Read a book of your choice and let's talk about your adventures while meeting new people! **Text or call 613-577-7219 to register.**



### F.R.I.E.N.D.S PROGRAM

Want to learn how to manage your anxiety, build better friendships and maintain positive relationships? **Text or call 613-577-7219 to register.**



### VIRTUAL BINGO

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

### 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/>



**youth wellness hubs** ONTARIO  
EASTERN CHAMPLAIN | CHAMPLAIN EST  
carrefours bien-être pour les jeunes

[www.youthhubs.ca/en/sites/eastern-champlain/](http://www.youthhubs.ca/en/sites/eastern-champlain/)