

HUB HOURS

TUESDAY & WEDNESDAY: 1-8 PM

THURSDAY: 10 AM – 4 PM

VIRTUAL or WALK-IN

LOCATION: 212 PITT ST.




NOVEMBER 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 CLOSED	2 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER (VIRTUAL ONLY) 4-8 PM: ADDICTION	3 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER	4 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 5 PM: LGBT2SQ GROUP (ENGLISH) VIRTUAL 	5 CLOSED
8 CLOSED	9 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER (VIRTUAL ONLY)	10 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER	11 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 	12 CLOSED
15 CLOSED	16 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER (VIRTUAL ONLY)	17 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER	18 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	19 CLOSED
22 CLOSED	23 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER (VIRTUAL ONLY)	24 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 4:30-5:30 PM: SELF CARE ACTIVITY (BILINGUAL) VIRTUAL	25 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 6 PM: CAS LET'S TALK GROUP (ENGLISH)	26 CLOSED
29 CLOSED	30 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: NURSE PRACTITIONER (IN PERSON) 4-8 PM: ADDICTION			

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 (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 613-577-7216 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.**



SELF CARE ACTIVITY (VIRTUAL)

Create a DIY self-care box and stress balls! **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/>

