

DECEMBER 2021

CORNWALL YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25

212 PITT ST. CORNWALL, ON



www.youthhubs.ca/eastern-champlain



TEXT/CALL 613-577-7216 TO:


- SPEAK TO A PEER SUPPORT WORKER
- BOOK AN APPOINTMENT
- GET HUB INFORMATION
- REGISTER FOR ACTIVITIES



@CORNWALLYOUTHUB

HOURS IN PERSON OR VIRTUAL

MONDAY	CLOSED
TUESDAY	1-8 PM
WEDNESDAY	1-8 PM
THURSDAY	10 AM - 4 PM
FRIDAY	CLOSED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER	2 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 5 PM: LGBT2SQ GROUP (ENGLISH) IN PERSON 	3 CLOSED
6 CLOSED 4:30-5:30: BUDGET WORKSHOP PART 1 (VIRTUAL - FRENCH)	7 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER (VIRTUAL ONLY) 4-8 PM: ADDICTION 4:30-5:30: BUDGET WORKSHOP PART 1 (VIRTUAL - ENGLISH)	8 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER	9 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 6 PM: CAS LET'S TALK GROUP (ENGLISH)	10 CLOSED
13 CLOSED 4:30-5:30: BUDGET WORKSHOP PART 2 (VIRTUAL - FRENCH)	14 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER (VIRTUAL ONLY) 4-8 PM: ADDICTION 4:30-5:30: BUDGET WORKSHOP PART 2 (VIRTUAL - ENGLISH)	15 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER	16 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	17 CLOSED
20 CLOSED	21 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER (IN PERSON) 4-8 PM: ADDICTION	22 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER	23 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 4:30-5:30 PM: HOLIDAY BINGO (VIRTUAL - BILINGUAL)	24 CLOSED
27 CLOSED	28 CLOSED	29 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 5 PM: AMONG US TOURNAMENT (VIRTUAL—BILINGUAL)	30 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	31 CLOSED

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 (IN PERSON)

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.**



HOLIDAY BINGO (VIRTUAL)

Celebrate the holidays with a fun game of Bingo! **Text or call 613-577-7216 to register.**



BUDGET WORKSHOP (VIRTUAL)

This workshop is for you if you want to learn how to manage your money and use tools to build a budget! **Text or call 613-577-7216 to register.**



AMONG US TOURNAMENT (VIRTUAL)

Who will be the imposter? Joins us for a chance to win prizes! **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/>

