

ROCKLAND YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25

1517 LAURIER ST. ROCKLAND, ON



www.youthhubs.ca/eastern-champlain



TEXT/CALL 613-577-7219 TO:

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



@ROCKLANDYOUTHUB

HOURS IN PERSON OR VIRTUAL	
MONDAY	1-7 PM
TUESDAY	10 AM - 4 PM
WEDNESDAY	CLOSED
THURSDAY	1-7 PM
FRIDAY	CLOSED

DECEMBER 2021

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
		1 CLOSED	2 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH (VIRTUAL) 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT	3 CLOSED
6 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT 4:30-5:30: BUDGET WORKSHOP PART 1 (VIRTUAL - FRENCH)	7 10 AM - 4 PM: PEER SUPPORT 10 AM - 4 PM: MENTAL HEALTH 4:30-5:30: BUDGET WORKSHOP PART 1 (VIRTUAL - ENGLISH)	8 CLOSED	9 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH (IN PERSON) 1-4 PM: NURSE PRACTITIONER (VIRTUAL) 1-4 PM: FINANCIAL AID (TELEPHONE) 4-5:30 PM: CTC SELF-CARE PROGRAM	10 CLOSED
13 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE) 4:30-5:30: BUDGET WORKSHOP PART 2 (VIRTUAL - FRENCH)	14 10 AM - 4 PM: PEER SUPPORT 10 AM - 4 PM: MENTAL HEALTH 4:30-5:30: BUDGET WORKSHOP PART 2 (VIRTUAL - ENGLISH)	15 CLOSED	16 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH (VIRTUAL) 1-4 PM: NURSE PRACTITIONER (VIRTUAL) 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT 4-5:30 PM: CTC SELF-CARE PROGRAM	17 CLOSED
20 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT	21 10 AM - 4 PM: PEER SUPPORT 10 AM - 4 PM: MENTAL HEALTH	22 CLOSED	23 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH (IN PERSON) 1-4 PM: NURSE PRACTITIONER (VIRTUAL) 1-4 PM: FINANCIAL AID (TELEPHONE) 4:30-5:30 PM: HOLIDAY BINGO (VIRTUAL - BILINGUAL)	24 CLOSED
27 CLOSED	28 CLOSED	29 CLOSED 5 PM: AMONG US TOURNAMENT (VIRTUAL-BILINGUAL)	30 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH (IN PERSON) 1-4 PM: FINANCIAL AID (TELEPHONE)	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!



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.



HOLIDAY BINGO (VIRTUAL)

Celebrate the holidays with a fun game of Bingo! **Text or call 613-577-7219 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 613-577-7219 to register.**



SELF CARE PROGRAM

For youth 11-15 years old. Discover tips for self-care such as journaling, art, yoga, and more! Snacks provided. **Text or call 613-577-7219 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/>

