

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

NOVEMBER 2021

ROCKLAND YOUTH WELLNESS HUB SUPPORTING YOUTH AGES 12-25

Revised: November 3, 2021



@RocklandYouthHub

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE)</p>	<p>10 AM -4 PM: PEER SUPPORT 10 AM -4 PM: MENTAL HEALTH</p>	<p>CLOSED</p>	<p>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT HELP 5 PM: LGBTQ2SQ GROUP (ENGLISH - VIRTUAL)</p>	<p>CLOSED</p>
<p>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</p>	<p>10 AM -4 PM: PEER SUPPORT 10 AM -4 PM: MENTAL HEALTH</p>	<p>CLOSED</p>	<p>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-4 PM: NURSE PRACTITIONER (VIRTUAL) 1-4 PM: FINANCIAL AID (TELEPHONE) 4-5:30 PM: SELF-CARE (BILINGUAL - IN PERSON)</p>	<p>CLOSED</p>
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<p>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE) 4:30-6 PM: CTC COOKING WORKSHOP</p>	<p>10 AM -4 PM: PEER SUPPORT 10 AM -4 PM: MENTAL HEALTH</p>	<p>youth wellness hubs ONTARIO EASTERN CHAMPLAIN CHAMPLAIN EST carrefours bien-être pour les jeunes</p>		



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.**



CTC COOKING WORKSHOP

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



SELF-CARE ACTIVITY (VIRTUAL)

Create a DIY self-care box and stress balls! **Text or call 613-577-7219 to register.**



SELF CARE (IN PERSON)

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.**

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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/>

