

# ROCKLAND YOUTH WELLNESS HUB

## SUPPORTING YOUTH AGES 12-25

1517 LAURIER ST. ROCKLAND, ON



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

JANUARY 2022

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
3 CLOSED	4 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	5 CLOSED	6 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-4 PM: NURSE PRACTITIONER (VIRTUAL) 1-4 PM: FINANCIAL AID (TELEPHONE) 5 PM: LGBT2SQ GROUP (ENGLISH VIRTUAL)	7 CLOSED
10 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE)	11 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	12 CLOSED	13 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-4 PM: NURSE PRACTITIONER (VIRTUAL) 1-4 PM: EMPLOYMENT 1-4 PM: FINANCIAL AID (TELEPHONE)	14 CLOSED
17 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT 4-5:15 PM: CTC SELF-CARE PROGRAM (VIRTUAL)	18 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	19 CLOSED	20 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-4 PM: NURSE PRACTITIONER (VIRTUAL) 1-4 PM: FINANCIAL AID (TELEPHONE)	21 CLOSED
24 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE) 4-5:15 PM: CTC SELF-CARE PROGRAM (VIRTUAL)	25 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	26 CLOSED	27 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-4 PM: NURSE PRACTITIONER (VIRTUAL) 1-4 PM: EMPLOYMENT 1-4 PM: FINANCIAL AID (TELEPHONE)	28 CLOSED
31 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT 4-5:15 PM: CTC SELF-CARE PROGRAM (VIRTUAL)				



### 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.



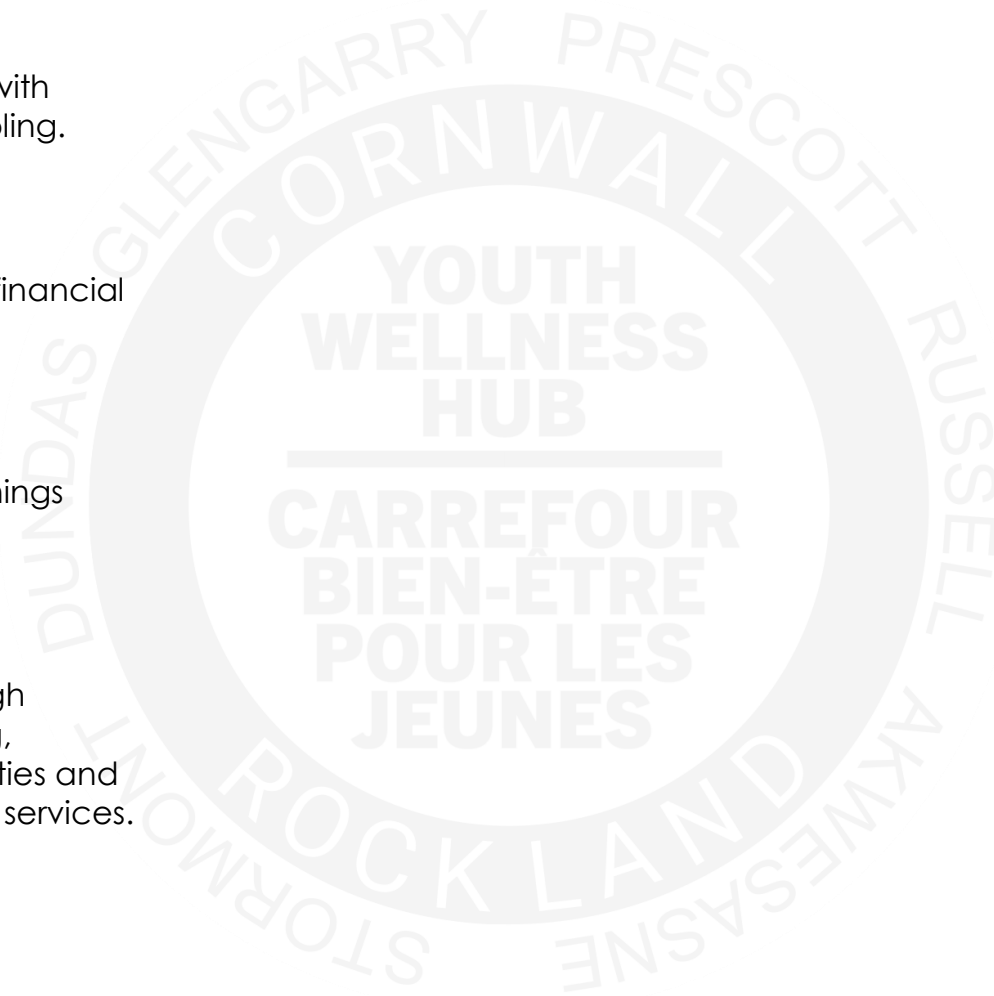
### EMPLOYMENT HELP

Get help finding employment through employment and career counselling, information resources, job opportunities and access to community and outreach services.



### CTC SELF-CARE PROGRAM

Do you want to learn wellness techniques and have discussions with youth from your community all while participating in fun activities? **Sign up for the 6 week CTC self-care program by texting or calling 613-577-7219 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/>

