

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	
MONDAY	1-7 PM
TUESDAY	10 AM - 4 PM
WEDNESDAY	OUTREACH SITE 9-3 PM
THURSDAY	1-7 PM
FRIDAY	CLOSED

AVRIL 2022

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
				1 CLOSED
4 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 4-5:30 PM: CTC SELF-CARE GROUP	5 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER (VIRTUAL)	6 NEW! OUTREACH SITE HAWKESBURY - 580 SPENCE AVE. 9-3 PM: PEER SUPPORT (VIRTUAL) 9-3 PM: MENTAL HEALTH (IN PERSON)	7 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-4 PM: EMPLOYMENT	8 CLOSED
11 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 4-5:30 PM: CTC SELF-CARE GROUP	12 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER (IN PERSON)	13 NEW! OUTREACH SITE HAWKESBURY - 580 SPENCE AVE. 9-3 PM: PEER SUPPORT (VIRTUAL) 9-3 PM: MENTAL HEALTH (IN PERSON)	14 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH	15 CLOSED
18 CLOSED	19 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	20 NEW! OUTREACH SITE HAWKESBURY - 580 SPENCE AVE. 9-3 PM: PEER SUPPORT (VIRTUAL) 9-3 PM: MENTAL HEALTH (IN PERSON)	21 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-4 PM: EMPLOYMENT 5-6 PM: EARTH DAY CRAFT	22 CLOSED
25 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 4-5:30 PM: CTC SELF-CARE GROUP	26 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER (IN PERSON)	27 NEW! OUTREACH SITE HAWKESBURY - 580 SPENCE AVE. 9-3 PM: PEER SUPPORT (VIRTUAL) 9-3 PM: MENTAL HEALTH (IN PERSON)	28 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 5-6 PM: SPRING BINGO (VIRTUAL)	29 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

Call 613-577-7219 to get connected by telephone for 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.



OUTREACH SITE:

580 SPENCE AVE., HAWKESBURY
LOCATED AT THE MENTAL HEALTH AND ADDICTION REGIONAL CENTRE

Offers one session counselling to assist you with a current problem and work together with you on possible solutions.



CTC SELF-CARE GROUP

Discover tips for self-care techniques to help you feel great! **Text or call 613-577-7219 to register!**



SPRING BINGO

Come play BINGO and win prizes! **Text or call 613-577-7219 to register!**



EARTH DAY CRAFT

Come join us to make a fun craft in contribution to our beautiful planet! **Text or call 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/>

