

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
EVERY SECOND FRIDAY	OUTREACH SITE 9-4 PM

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION 3:45-4:45 PM: MOOD WALK	4 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: NURSE PRACTITIONER 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT	5 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 4:30 PM: LGBT2SQ GROUP	6 NEW! OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
9 CLOSED	10 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION 3:45-4:45 PM: MOOD WALK	11 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: NURSE PRACTITIONER 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT	12 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	13 CLOSED
16 CLOSED	17 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION 3:45-4:45 PM: MOOD WALK	18 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: NURSE PRACTITIONER 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT	19 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 4:30-5:30 PM: VISION BOARD	20 NEW! OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
23 CLOSED	24 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION 3:45-4:45 PM: MOOD WALK	25 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: NURSE PRACTITIONER 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT	26 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	27 CLOSED
30 CLOSED	31 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION 3:45-4:45 PM: MOOD WALK			

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

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.**



CHILL NIGHT

Come hang out at the Hub! **Text or call 613-577-7216 before you come!**



MOOD WALK

An opportunity for physical and mental wellness. Come take a walk to enjoy the outdoors! **Text or call 613-577-7216 to register.**



VISION BOARD

Create a vision board with images and words that spark your motivation, inspire you or leave you feeling happy! **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/>

