

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	10-4 PM
WEDNESDAY	OUTREACH SITE: 9-3 PM
THURSDAY	1-7 PM
FRIDAY	OUTREACH SITE: 9-4 PM

JUNE 2022

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
		1 NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	2 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER	3 CLOSED
6 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 5:30-7 PM: LGBT2SQ GROUP (FRENCH)	7 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER (ON SITE)	8 NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	9 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER	10 NEW! OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: PEER SUPPORT
13 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 4-6PM: CHILL NIGHT	14 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	15 NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	16 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 4:30-5:30 PM: TIE-DYE ACTIVITY	17 CLOSED
20 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 4-6PM: CHILL NIGHT	21 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER (ON SITE)	22 NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	23 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 5-6:30: WORKSHOP WITH ÉMILIE	24 NEW! OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: PEER SUPPORT
27 *TIME CHANGE* 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-4 PM: EMPLOYMENT	28 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	29 NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	30 *TIME CHANGE* 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER (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

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 SITES IN HAWKESBURY & EMBRUN:

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



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 613-577-7219 to register.**



CHILL NIGHT

Come spend time with us at the Hub and chill with a movie, board games, crafts or even a nice chat! **Text or call 613-577-7219 to register.**



TIE-DYE ACTIVITY

Join us for a tie-dye activity in the park! **Text or call 613-577-7219 to register.**

WORKSHOP WITH ÉMILIE

Join us for a workshop with a counsellor that works within the Hubs. More information will be posted soon. **Text or call 613-577-7219 to register.**

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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/>

