

# CORNWALL YOUTH WELLNESS HUB

## SUPPORTING YOUTH AGES 12-25

212 PITT ST. CORNWALL, ON



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

JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 4:30-8 PM: NURSE PRACTITIONER <b>5:30-7:30: CHILL NIGHT</b>	10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH <b>4:30-6PM: LGBT2SQ GROUP</b>	<b>NEW! OUTREACH SITE 5 MAIN ST. ALEXANDRIA</b> 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
CLOSED	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 4:30-8 PM: NURSE PRACTITIONER <b>5:30-7:30: CHILL NIGHT</b>	10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	CLOSED
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CLOSED	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 4:30-8 PM: NURSE PRACTITIONER <b>5:30-7:30: CHILL NIGHT</b>	10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	CLOSED
CLOSED	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION <b>5-6:30 PM: LET'S TALK ABOUT FOOD</b>	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 4:30-8 PM: NURSE PRACTITIONER <b>5:30-7:30: CHILL NIGHT</b>	10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	

## 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.



## OUTREACH SITE IN ALEXANDRIA

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 613-577-7216 to register.**



## CHILL NIGHT

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



## LET'S TALK ABOUT FOOD

Join a Mental Health Counsellor and a Registered Dietitian in discussing ways to view nutrition in a different light. We will explore the myths and realities that influence how we nourish our bodies! **Text or call 613-577-7216 to register.**



## SUMMER CRAFT

Show us your creative side and make a summer craft with us at the Hub! **Text or call 613-577-7216 to register.**



**youth  
wellness  
hubs**

ONTARIO

Cornwall  
& SDG

**carrefours  
bien-être  
pour les jeunes**

DE L'ONTARIO

Cornwall  
& SDG

## 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/>

