

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

JULY 2022

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
				 1
10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-4 PM: EMPLOYMENT 2-4 PM: LGBT2SQ GROUP (FR) 4	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER (ON SITE) 5	NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL) 6	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 7	NEW! OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: PEER SUPPORT 8
10-4 PM: PEER SUPPORT 10-4: MENTAL HEALTH 10-4 : ADDICTION 1-4 PM: EMPLOYMENT 1-4 PM: VIRTUAL REALITY EXPERIENCE 11	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL) 12-1:30 PM: PICNIC IN THE PARK 12	NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL) 13	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER 14	CLOSED 15
10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-4 PM: EMPLOYMENT 10-3 PM: LEADERSHIP CAMP (FRENCH) 18	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-3 PM: LEADERSHIP CAMP (FRENCH) 19	NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL) 10-3 PM: LEADERSHIP CAMP AT ROCKLAND HUB (FRENCH) 20	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-3 PM: LEADERSHIP CAMP (FRENCH) 21	NEW! OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: PEER SUPPORT 10-3 PM: LEADERSHIP CAMP AT ROCKLAND HUB (FRENCH) 22
10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-4 PM: EMPLOYMENT 10-3 PM: LEADERSHIP CAMP (ENG) 2-4 PM: CHILL DAY 25	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-3 PM: LEADERSHIP CAMP (ENGLISH) 26	NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL) 10-3 PM: LEADERSHIP CAMP AT ROCKLAND HUB (ENGLISH) 27	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-3 PM: LEADERSHIP CAMP (ENGLISH) 28	CLOSED FOR SERVICES 10-3 PM: LEADERSHIP CAMP AT ROCKLAND HUB (ENGLISH) 29

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 DAY

Come hang out at the Hub! Let's enjoy the outdoors with a game of basketball and other outdoor activities.



VIRTUAL REALITY EXPERIENCE

In partnership with the Prescott-Russell Employment Services Centre, we would like to offer you a realistic 3D experience that will immerse you in a variety of professions. Drop-in to try it out!



PICNIC IN THE PARK

Join us for a picnic in Simon Park. Lunch is on us! **Text or call us to register at 613-577-7219.**



CTC LEADERSHIP CAMP

Cooking, engagement, sports, decisions, art, healthy relationships, and munch more! **Text or call us to register at 613-577-7219.**

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/>

