

AUGUST 2022

# 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>CLOSED</b>	2 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER	3 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 5:30-7:30: CHILL NIGHT	4 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 4:30-6 PM: LGBT2SQ GROUP (AIR HOCKEY & FOOSBALL TOURNAMENT) 1-3:30 PM: GRAFFITI ART	5 <b>CLOSED</b>
8 <b>CLOSED</b>	9 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	10 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 5:30-7:30: CHILL NIGHT	11 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 1-3:30 PM: GRAFFITI ART	12 NEW! OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
15 <b>CLOSED</b>	16 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	17 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 5:30-7:30: CHILL NIGHT	18 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 4:00-5:30 PM: TIE-DYE ACTIVITY	19 <b>CLOSED</b>
22 <b>CLOSED</b>	23 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	24 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT	25 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	26 NEW! OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
29 <b>CLOSED</b>	30 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	31 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT		

## 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!**



## TIE-DYE ACTIVITY

Join us for a tie-dye activity at the Hub! **Text or call 613-577-7216 to register!**



## GRAFFITI ART

This activity is designed for youth 12-25 looking to learn something new! Do you love art and would like to work with us on making a graffiti styled banner to show-case in the hub? We will be learning how to do graffiti lettering, collectively draft the banner and then paint it together! **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.

### 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/>

