

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

AUGUST 2022

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
1 CLOSED	2 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER (ON SITE)	3 NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	4 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	5 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 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-4 PM: EMPLOYMENT 2-4 PM: LGBT2SQ GROUP (FRENCH)	9 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	10 NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	11 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER 1-2 PM: WATER BALLOON ACTIVITY	12 CLOSED
15 10-4 PM: PEER SUPPORT 10-4 : MENTAL HEALTH 10-4 : ADDICTION 1-4 PM: EMPLOYMENT 2-4 PM: CHILL DAY	16 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER (ON SITE)	17 NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	18 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	19 NEW! OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: PEER SUPPORT
22 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-4 PM: EMPLOYMENT	23 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 2-3 PM: WATERCOLOR WORKSHOP 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	24 NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	25 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER	26 CLOSED
29 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 5-7 PM: CHILL NIGHT	30 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER (ON SITE)	31 NEW! OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (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 DAY/NIGHT

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



WATERCOLOUR WORKSHOP

Come show off your art skills with our watercolour painting workshop! Materials will be provided. **Register by calling or texting 613-577-7219.**



WATER BALLOON ACTIVITY

Ready for some summer fun? Join us for a splash and cool off with a water balloon! **Call or text 613-577-7219 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/>

