

# OCTOBER 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
3 <b>CLOSED</b>	4 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION <b>3:30-4:30 PM: MOOD WALK</b>	5 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 / MARIO KART TOURNAMENT</b>	6 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH <b>4:30-6 PM: LGBT2SQ+ GROUP</b>	7 <u>OUTREACH SITE</u> <b>5 MAIN ST. ALEXANDRIA</b> 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
10 	11 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION <b>3:30-4:30 PM: MOOD WALK</b>	12 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 / LET'S TALK &amp; BINGO</b>	13 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	14 <b>CLOSED</b>
17 <b>CLOSED</b>	18 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION <b>3:30-4:30 PM: MOOD WALK</b>	19 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 / PUMPKIN PAINTING</b>	20 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH <b>NEW! 1-4 PM: PARENT/CAREGIVER SUPPORT</b> <b>3-4:30 PM: GRAFFITI ART</b>	21 <u>OUTREACH SITE</u> <b>5 MAIN ST. ALEXANDRIA</b> 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
24 <b>CLOSED</b>	25 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION <b>3:30-4:30 PM: MOOD WALK</b>	26 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 / SCARY MOVIE</b>	27 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH <b>4:30-6 PM: HALLOWEEN PARTY</b>	28 <b>CLOSED</b>
31 				

SEE PAGE 2 FOR DETAILS OF SERVICES OFFERED.

## 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.

## PARENT/CAREGIVER SUPPORT

Meet with a counsellor or peer support worker to get support and tools to improve your relationship with your child.

## GROUPS / ACTIVITIES: CALL OR TEXT 613-577-7216 REGISTER



### 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!



### CHILL NIGHT

**\*Registration not required. Drop-ins welcome!**

Come spend time with us at the Hub and chill with a movie, board games, crafts or even a nice chat! **The special activities are hosted by a Youth Worker from CAS.**



### MOOD WALK

Boost your mood with our Mood Walk!



### HALLOWEEN PARTY

Join us to celebrate Halloween at the Hub for an evening of fun activities and delicious snacks! Don't forget to dress up in your best DIY costume! We will be handing out a prize for the best costume.



### GRAFITI ART

We are currently creating a banner for our Hub. All art levels welcome! It's a Safe space to create long lasting art!

### OUTREACH SITE IN ALEXANDRIA

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

### FOR INDIGENOUS YOUTH



Centred around culture and community, **Wabano** Indigenous youth programs (12+) give youth the opportunity to connect with each other and uncover their strengths.

**Wabano** aims to empower Indigenous youth of every background to forge their own path.

Check out their website calendar:  
<https://wabano.com/calendar/>