

# 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

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 4:30-6 PM: LGBT2SQ+ GROUP	2 CLOSED
5 CLOSED	6 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	7 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 / TRIVIA NIGHT	8 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	9 OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
12 CLOSED	13 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	14 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 / KARAOKE	15 CLOSED	16 CLOSED
19 CLOSED	20 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	21 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 / CARD MAKING	22 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 4-5 PM: FIRST DAY OF FALL CRAFT	23 OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
26 CLOSED	27 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	28 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 / PAINT NIGHT	29 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	30 CLOSED

## 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 spend time with us at the Hub and chill with a movie, board games, crafts or even a nice chat! *This special activity is hosted by a Youth Worker from CAS.* **Text or call us at 613-577-7216 for more info.**



## FIRST DAY OF FALL CRAFT

Come join us on the first day of fall to participate in a fun fall craft! **Text or call us at 613-577-7216 to register.**



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## FOR INDIGENOUS YOUTH



Centred around culture and community, **Wabano** offers many virtual and in-person Indigenous youth events.

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/>

