

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	1-7 PM
TUESDAY	10 AM -4 PM
WEDNESDAY	OUTREACH SITE: 9-3 PM
THURSDAY	11 AM -7 PM
FRIDAY	OUTREACH SITE: 9-4 PM

OCTOBER 2022

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 3:30-4:30 PM: MOOD WALK 5:30-7 PM: LGBT2SQ+ GROUP (BILINGUAL)	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION	9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: CARE COORDINATOR (VIRTUAL)	11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 12-1 PM: LUNCH HANGOUT	CLOSED
 CLOSED	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION	9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: CARE COORDINATOR	11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 12-1 PM: LUNCH HANGOUT	9-4 PM: MENTAL HEALTH 9-4 PM: CARE COORDINATOR
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 3:30-4:30 PM: MOOD WALK 4-6 PM: CHILL NIGHT	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION	9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: CARE COORDINATOR (VIRTUAL)	11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 12-1 PM: LUNCH HANGOUT	5-7 PM: HALLOWEEN PARTY
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT NEW! 4-6 PM: PARENT/CAREGIVER SUPPORT 3:30-4:30 PM: MOOD WALK	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION	9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: CARE COORDINATOR (VIRTUAL)	11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 12-1 PM: LUNCH HANGOUT 4:30-6 PM: SELF-CARE CLUB	9-4 PM: MENTAL HEALTH 9-4 PM: CARE COORDINATOR
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 4-6 PM: CHILL NIGHT				

Updated: September 27, 2022

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!

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.

PARENT/CAREGIVER SUPPORT

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

STUDY SESSION

Are you doing your post-secondary studies and need a place to study? Drop-by the Hub for a quiet place to study or work on a group project! Coffee and snacks will be available.

GROUPS / ACTIVITIES: CALL OR TEXT 613-577-7219 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 DAY/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!



MOOD WALK

Boost your mood with our Mood Walk!



SELF-CARE CLUB

Join our monthly club to enhance how you take care of yourself and connect with others who want to work on their well-being.



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.



LUNCH HANGOUT

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

Bring your lunchbox and come hangout at the Hub during your lunch break!

OUTREACH SITES IN HAWKESBURY &

EMBRUN: 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** offers many virtual and in-person Indigenous youth events.

Check out their website calendar frequently for new events and how to join:

<https://wabano.com/calendar/>

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