

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

SEPTEMBER 2022

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
			1 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH	2 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: PEER SUPPORT
5 CLOSED	6 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	7 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	8 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-4 PM: NURSE PRACTITIONER (VIRTUAL)	9 CLOSED
12 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 5:30-7 PM: LGBT2SQ+ GROUP (FRENCH)	13 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER (VIRTUAL)	14 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	15 CLOSED	16 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: PEER SUPPORT
19 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 5-7 PM: CHILL NIGHT	20 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	21 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	22 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH	23 CLOSED
26 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 5-6:30 PM: JUGGLING WORKSHOP	27 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	28 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: PEER SUPPORT (VIRTUAL)	29 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 4:30-6 PM: SELF CARE CLUB	30 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: PEER SUPPORT



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 spend time with us at the Hub and chill with a movie, board games, crafts or even a nice chat! **Text or call us at 613-577-7219 for more info.**



JUGGLING WORKSHOP

Learn a new trick! Join us for a juggling workshop to create your own juggling balls and learn techniques on how to toss and catch multiple balls at the same time! **Text or call us at 613-577-7219 to register.**



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. **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/>

