

NOVEMBER 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
	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	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 / GAME NIGHT	10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH NEW! 1-4 PM: PARENT/CAREGIVER SUPPORT 4:30-6 PM: LGBT2SQ+ GROUP	OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
CLOSED	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION 5:30-7:30 PM: ANIME MOVIE NIGHT	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 / MARIO KART	10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH	CLOSED
CLOSED	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	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 / GAME NIGHT	10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH NEW! 1-4 PM: PARENT/CAREGIVER SUPPORT	OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
CLOSED	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION 5:30-7:30 PM: ANIME MOVIE NIGHT (18+)	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 & PRIZES	10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 3-4:30 PM: GRAFFITI ART	CLOSED
CLOSED	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	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 / BINGO & PRIZES	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 TO 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.**



### 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!



### ANIME MOVIE NIGHT

**November 8:** Come to the Hub and enjoy your favourite Anime while eating snacks!

**November 22:** A chance for **older youth (18+)** to come spend time at the Hub and watch their favourite Anime!

### 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/>

