

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

NOVEMBER 2022

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
	1 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION	2 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: CARE COORDINATOR (VIRTUAL)	3 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 12-1 PM: LUNCH HANGOUT	4 CLOSED
7 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT NEW! 4-7 PM: PARENT/CAREGIVER SUPPORT 5:30-7 PM: LGBT2SQ+ GROUP	8 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION	9 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: CARE COORDINATOR (VIRTUAL)	10 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 12-1 PM: LUNCH HANGOUT	11 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: CARE COORDINATOR
14 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 5-7 PM: CHILL NIGHT	15 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	16 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: CARE COORDINATOR (VIRTUAL)	17 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 12-1 PM: LUNCH HANGOUT 1:30-4 PM: NURSE PRACTITIONER (IN PERSON)	18 CLOSED
21 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT NEW! 4-7 PM: PARENT/CAREGIVER SUPPORT 5:30-7 PM: CAMEL APPLE	22 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION 1:30-4 PM: NURSE PRACTITIONER (IN PERSON)	23 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: CARE COORDINATOR (VIRTUAL)	24 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 12-1 PM: LUNCH HANGOUT 4:30-6 PM: SELF-CARE CLUB	25 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: CARE COORDINATOR
28 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 5-7 PM: CHILL NIGHT	29 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION	30 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH (IN PERSON) 9-3 PM: CARE COORDINATOR (VIRTUAL)	SEE PAGE 2 FOR DETAILS OF SERVICES OFFERED.	

Updated: October 28, 2022

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.

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



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.



LUNCH HANGOUT

***Registration not required. Drop-ins welcome!**
Bring your lunchbox and come hangout at the Hub during your lunch break!



STUDY SESSION

***Registration not required. Drop-ins welcome!**
Are you currently doing your post-secondary studies? Come to the Hub to study for your upcoming exams, to organize group meetings or work on your assignments! Access to laptops and internet connection is available, as well as free tea and coffee!



DECORATE YOUR OWN CANDY APPLE

Join us for a yummy activity! Decorate your own caramel apple with a selection of different toppings.

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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wellness
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**carrefours
bien-être
pour les jeunes**
DE L'ONTARIO

