

JANUARY 2023

CORNWALL YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25

212 PITT ST. CORNWALL, ON



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
2 CLOSED	3 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2-4:30 PM: STUDY SESSION 4-8 PM: ADDICTION	4 1-8 PM: PEER SUPPORT 1-6 PM: MENTAL HEALTH	5 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 11 AM - 1 PM: LUNCH HANGOUT 4:30-6 PM: LGBT2SQ+ GROUP	6 CLOSED
9 CLOSED	10 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 2-4:30 PM: STUDY SESSION 4-8 PM: ADDICTION 5:30-7 PM: VISION BOARD	11 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT / TRIVIA NIGHT	12 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 11 AM - 1 PM: LUNCH HANGOUT 1-4 PM: PARENT/CAREGIVER SUPPORT	13 OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
16 CLOSED	17 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 2-4:30 PM: STUDY SESSION 4-8 PM: ADDICTION	18 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 4-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT / PAINT NIGHT	19 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 11 AM - 1 PM: LUNCH HANGOUT	20 CLOSED
23 CLOSED	24 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 2-4:30 PM: STUDY SESSION 4-8 PM: ADDICTION	25 1-6 PM: PEER SUPPORT 1-6 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT / MOVIE NIGHT	26 10 AM-4 PM: PEER SUPPORT 10 AM-4 PM: MENTAL HEALTH 11 AM - 1 PM: LUNCH HANGOUT 1-4 PM: PARENT/CAREGIVER SUPPORT	27 OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH
30 CLOSED	31 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-8 PM: NURSE PRACTITIONER 2-4:30 PM: STUDY SESSION 4-8 PM: ADDICTION			

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 Support Worker from CAS.**



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!



VISION BOARD CREATION

***Registration required.**

It's a New Year! Come join us to create your own visual representation of your goals for 2023!

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/>

