

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

JANUARY 2023

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
2 CLOSED	3 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION 1:30-4 PM: NURSE PRACTITIONER	4 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	5 11-7 PM: MENTAL HEALTH	6 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: CARE COORDINATOR 9-4 PM: MENTAL HEALTH
9 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 5-6:30 PM: LGBTQ2SQ+ GROUP	10 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	11 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	12 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH	13 CLOSED
16 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 4-7 PM: PARENT/CAREGIVER SUPPORT 5-6:30 PM: CHILL NIGHT	17 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION 1:30-4 PM: NURSE PRACTITIONER	18 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	19 11-7PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 12-1 PM: LUNCH HANGOUT	20 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: CARE COORDINATOR 9-4 PM: MENTAL HEALTH
23 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 5-6:30 PM: GRATITUDE JOURNAL WORKSHOP	24 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	25 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	26 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH 12-1 PM: LUNCH HANGOUT	27 CLOSED
30 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 4-7 PM: PARENT/CAREGIVER SUPPORT 5-6:30 PM: CHILL NIGHT	31 10-4 PM: MENTAL HEALTH 12-4 PM: STUDY SESSION 1:30-4 PM: NURSE PRACTITIONER			

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

***Registration required**

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!



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!



GRATITUDE JOURNAL WORKSHOP

***Registration required**

Keeping a journal to help you express and reflect on the things you are grateful for is a great way to boost your mental health. We will use different prompts to express what makes you happy. Journals and pens will be provided!

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/>

**youth
wellness
hubs**
ONTARIO



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

