

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 |

MARCH 2023

| MONDAY | TUESDAY | WED | THURSDAY | FRIDAY |
|--|--|---|---|--|
| | | 1 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH | 2 11-7 PM: MENTAL HEALTH | 3 OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: CARE COORDINATOR 9-4 PM: MENTAL HEALTH |
| 6 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT | 7 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL) | 8 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH | 9 11-7 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER | 10 CLOSED |
| 13 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 4-7 PM: PARENT/CAREGIVER SUPPORT | 14 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER | 15 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH | 16 11-7 PM: MENTAL HEALTH | 17 OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: CARE COORDINATOR 9-4 PM: MENTAL HEALTH |
| 20 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT | 21 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL) | 22 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH | 23 11-7 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER | 24 CLOSED |
| 27 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 4-7 PM: PARENT/CAREGIVER SUPPORT | 28 10-4 PM: MENTAL HEALTH 1:30-4 PM: NURSE PRACTITIONER | 29 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH | 30 11-7 PM: MENTAL HEALTH | 31 OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: CARE COORDINATOR 9-4 PM: MENTAL HEALTH |

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.

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/>

