

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

SUMMER HOURS	
MONDAY	10 AM - 4 PM
TUESDAY	10 AM - 4 PM
WEDNESDAY	OUTREACH SITE 9-3 PM
THURSDAY	10 AM - 4 PM
FRIDAY	OUTREACH SITE 9-4 PM

AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1:30-4PM: NURSE PRACTITIONER (IN PERSON) 1-3:30 PM: CHILL TIME	2 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	3 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	4 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION
7 CLOSED	8 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	9 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 1-3 PM: MENTAL HEALTH & ADDICTION (VIRTUAL ONLY)	10 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-1 PM: PUBLIC HEALTH NURSE 1-3:30 PM: CHILL TIME - BASKETBALL & VOLLEYBALL	11 CLOSED
14 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-3:30 PM: CHILL TIME	15 10-4 PM: PEER SUPPORT 10-4PM: MENTAL HEALTH	16 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	17 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	18 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION
21 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION	22 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-3:30 PM: CHILL TIME	23 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	24 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-1 PM: PUBLIC HEALTH NURSE 1-3:30 PM: CHILL TIME	25 CLOSED
28 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-4 PM: EMPLOYMENT 1-4 PM: PARENT/CAREGIVER SUPPORT	29 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	30 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	31 10-4 PM: PEER SUPPORT 10-4 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.

GROUPS/ACTIVITIES:

CHILL TIME

***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!

OUTREACH SITE IN HAWKESBURY AND 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** 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/>

youth
wellness
hubs

ONTARIO



carrefours
bien-être
pour les jeunes

DE L'ONTARIO

