

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	10AM - 4 PM
WEDNESDAY	OUTREACH SITE 9-3 PM
THURSDAY	11 AM - 7 PM
FRIDAY	OUTREACH SITE 9-4 PM

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CLOSED
4 CLOSED	5 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	6 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	7 11-7 PM: MENTAL HEALTH 1-4:30 PM: PEER SUPPORT 4-7 PM: PUBLIC HEALTH NURSE	8 CLOSED
11 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION	12 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	13 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	14 11-7 PM: MENTAL HEALTH 1-4:30 PM: PEER SUPPORT	15 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 11-4 PM: PEER SUPPORT
18 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION	19 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	20 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	21 CLOSED	22 CLOSED
25 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT 4-7 PM: PARENT/CAREGIVER SUPPORT (BY APPOINTMENT ONLY)	26 10-4 PM: MENTAL HEALTH 3-4 PM: NURSE PRACTITIONER (VIRTUAL)	27 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	28 11-7 PM: MENTAL HEALTH 1-4:30 PM: PEER SUPPORT	29 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 11-4 PM: PEER SUPPORT

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 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/>