

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

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	2 11-7 PM: MENTAL HEALTH 11-1 PM: LUNCH HANGOUT 2-7 PM: PEER SUPPORT 4-7 PM: PUBLIC HEALTH NURSE	3 CLOSED
6 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION	7 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT	8 CLOSED	9 11-7 PM: MENTAL HEALTH 11-1 PM: LUNCH HANGOUT 2-7 PM: PEER SUPPORT	10 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: NBURSE PRACTITIONER 11-4 PM: PEER SUPPORT
13 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH	14 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT	15 CLOSED	16 11-7 PM: MENTAL HEALTH 11-1 PM: LUNCH HANGOUT 2-7 PM: PEER SUPPORT 4-7 PM: PUBLIC HEALTH NURSE	17 CLOSED
20 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION	21 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT	22 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	23 11-7 PM: MENTAL HEALTH 11-1 PM: LUNCH HANGOUT 2-7 PM: PEER SUPPORT	24 <u>OUTREACH SITE</u> EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: NURSE PRACTITIONER 11-4 PM: PEER SUPPORT
27 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)	28 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT	29 <u>OUTREACH SITE</u> HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	30 CLOSED	

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 PLEO peer support worker to get support and tools to improve your relationship with your child.

GROUPS/ACTIVITIES:

LUNCH HANGOUT

***Registration not required. Drop-ins welcome!**
For more information, call 613-577-7219

Bring your lunchbox and come hangout at the Hub during your lunch break!

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/>

