# Rockland Youth Wellness Hub

1517 Laurier St. Rockland, ON

[www.youthhubs.ca/eastern-champlain](http://www.youthhubs.ca/eastern-champlain)

**November 2023**

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT</td>
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<td>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH</td>
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**Text/Call 613-577-7219 to:**
- Speak to a Peer Support Worker
- Book an Appointment
- Get Hub Information
- Register for Activities

**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

See page 2 for details of services offered.

Updated: October 20, 2023
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!

ADDITION
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 HAWKEBURY 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/