

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

OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION	3 CLOSED	4 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	5 11-7 PM: MENTAL HEALTH 11-1 PM: LUNCH HANGOUT 2-7 PM: PEER SUPPORT 4-7 PM: PUBLIC HEALTH NURSE	6 CLOSED
9 CLOSED	10 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT	11 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	12 11-7 PM: MENTAL HEALTH 11-1 PM: LUNCH HANGOUT 2-7 PM: PEER SUPPORT	13 OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: NBURSE PRACTITIONER 11-4 PM: PEER SUPPORT
16 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION	17 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT	18 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	19 11-7 PM: MENTAL HEALTH 11-1 PM: LUNCH HANGOUT 4-7 PM: PUBLIC HEALTH NURSE	20 CLOSED
23 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 4-7 PM: PARENT/CAREGIVER SUPPORT (BY APPOINTMENT ONLY)	24 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT	25 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH	26 11-7 PM: MENTAL HEALTH 11-1 PM: LUNCH HANGOUT 2-7 PM: PEER SUPPORT	27 OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH 9-4 PM: NURSE PRACTITIONER 11-4 PM: PEER SUPPORT
30 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH 1-7 PM: ADDICTION 1-4 PM: EMPLOYMENT	31 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 11-1 PM: LUNCH HANGOUT			

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/>

