## Rockland Youth Wellness Hub

### Hours

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-7 PM: Mental Health</td>
<td>10-4 PM: MENTAL HEALTH</td>
<td>10-4 PM: NURSE PRACTITIONER</td>
<td>11-7 PM: MENTAL HEALTH</td>
<td>9-4 PM: MENTAL HEALTH &amp; ADDICTION</td>
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<tr>
<td>1-7 PM: Addiction</td>
<td>10-4 PM: ADDICTION</td>
<td>11-1 PM: LUNCH HANGOUT</td>
<td>11-7 PM: ADDICTION</td>
<td>9-4 PM: NURSE PRACTITIONER</td>
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</tbody>
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### Events

**OUTREACH SITE HAWKESBURY: 580 SPENCE AVE.**
- **Mental Health and Addiction**
- **Peer Support**
- **Addiction**
- **Nurse Practitioner**
- **Lunch Hangout**
- **Public Health Nurse**
- **Study Hangout**
- **Board Games**
- **3:30-4:30 PM**

**Embrun: 649 Notre-Dame**
- **Mental Health & Addiction**
- **Peer Support**
- **Nurse Practitioner**
- **Lunch Hangout**
- **Public Health Nurse**
- **Mental Health & Addiction**

**ROCKLAND YOUTH WELLNESS HUB**

1517 Laurier St. Rockland, ON

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

**Rockland Youth Hub**

Supporting Youth Ages 12-25
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!

NINTENDO SWITCH GAMES
*Registration not required. Drop-ins welcome! For more information, call 613-577-7219
Come play the Nintendo Switch with us! We have games available at the hub, but you can also bring your own to have a better variety of games!

BOARD GAMES
*Registration not required. Drop-ins welcome! For more information, call 613-577-7219
Come play several different board games at the hub! We have a great selection of games!

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/