

NEW SUMMER HOURS

MONDAY, TUESDAY & THURSDAY: 10-4 PM

VIRTUAL or WALK-IN

LOCATION: 1517 LAURIER ST.

AUGUST 2021

ROCKLAND YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25




Revised July 19, 2021



@RocklandYouthHub

Check out our social media for the most up-to-date schedule!

TEXT/TALK: 613-577-7219 TO BOOK AN APPOINTMENT OR TO SPEAK TO A PEER SUPPORT WORKER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED CIVIC HOLIDAY	3 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	4	5 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 1-4 PM: FINANCIAL AID (TELEPHONE) 5 PM: LGBT2SQ GROUP (ENGLISH) 	6
9 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE)	10 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 11-12:30 PM: CTC COOKING WORKSHOP (BILINGUAL)	11	12 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT HELP 12-1:30 PM: CTC PIZZA PARTY AT THE PARK (BILINGUAL)	13
16 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT HELP	17 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH	18 4-5 PM: BOOK CLUB (FRENCH)	19 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 1-4 PM: FINANCIAL AID (TELEPHONE)	20
23 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE) 2-3 PM: TREASURE BOX (BILINGUAL)	24 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 11-12:30 PM: CTC COOKING WORKSHOP (BILINGUAL)	25	26 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: NURSE PRACTITIONER 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT HELP 5:30-6:30PM: CTC DRIVING RANGE (BILINGUAL)	27
30 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: ADDICTION 1-4 PM: FINANCIAL AID (TELEPHONE) 1-4 PM: EMPLOYMENT HELP	31 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH		<p>youth wellness hubs ONTARIO EASTERN CHAMPLAIN CHAMPLAIN EST carrefours bien-être pour les jeunes</p>	



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

On-call services: Get 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.



LGBT2SQ YOUTH GROUP

Meet and greet youth aged 12-25 who are on the same kind of journey as you! If you identify as asexual, bisexual, gay, gender-fluid, intersex, lesbian, queer, pansexual, questioning, transgender or two-spirit, this is the place for you! **Text or call 613-577-7216 to register.**



BOOK CLUB

Do you love reading? Read a book of your choice and let's talk about your adventures while meeting new people! **Text or call 613-577-7219 to register.**



CTC COOKING WORKSHOP

Come learn about nutrition all by cooking together! **Text or call 613-577-7219 to register.**



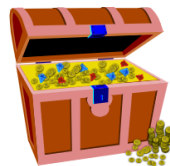
CTC PIZZA PARTY AT THE PARK

Come have some fun with us at the park; free pizza, various games (some including water). **Text or call 613-577-7219 to register. Registration is mandatory (limited space).**



CTC DRIVING RANGE

Come practice your golf swing at the driving range. **Text or call 613-577-7219 to register. Registration is mandatory (limited space).**



TREASURE BOX

Create a box filled with important and positives things for you or someone close! **Text or call 613-577-7216 to register.**

FOR INDIGENOUS YOUTH



Centred around culture and community, **Wabano** offers many virtual and in-person Indigenous youth events.

Virtual events like:

- Youth Drop-In
- Two Spirit Youth Circle
- Short Stories with Aunties
- Yoga
- Zumba
- Diva Night
-and more!



Check out their website calendar frequently for new events and how to join:

<https://wabano.com/calendar/>

