

AUGUST 2025

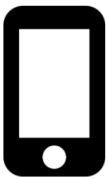
ROCKLAND YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25

1517 LAURIER ST. ROCKLAND, ON



<https://youthhubs.ca/site/rockland-pr-youth-wellness-hub>



- TEXT/CALL 613-577-7219 TO:
- SPEAK TO A PEER SUPPORT WORKER
 - [BOOK AN APPOINTMENT](#)
 - GET HUB INFORMATION
 - [REGISTER FOR ACTIVITIES](#)



@ROCKLANDYOUTHUB

HOURS	
MONDAY	10-4 PM
TUESDAY	10-4 PM
WEDNESDAY	OUTREACH SITE 9-3 PM
THURSDAY	10-4 PM
FRIDAY	OUTREACH SITE 9-4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT
4 CLOSED	5 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-2 PM: PAINTING BIRD FEEDERS	6 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	7 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION	8 OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT
11 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION	12 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-4 PM: NURSE PRACTITIONER 2-6 PM: SUMMER CARNIVAL	13 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	14 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-2 PM: NEURODIVERGENT GROUP: NINTENDO SWITCH	15 OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT
18 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-2 PM: READ IN THE PARK	19 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER	20 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	21 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-2 PM: TIE-DYE ACTIVITY	22 OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT
25 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-4 PM: EMPLOYMENT 1-2 PM: SPIKE BALL	26 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION	27 OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	28 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION	29 OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT

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:

NEURODIVERGENT GROUP

***Registration not required. Drop-ins welcome!**

Are you part of the neurodivergent community (ADHD, autism, Tourette's syndrome, etc.)? This group is for you! We meet on the second Thursday of the month for a fun activity. Come have fun and meet new people in a safe, caring environment. No pressure, just fun activities and a space where you can be yourself!

PICKLE BALL, BASKETBALL, BOARD GAMES, SPIKE BALL

***Registration not required. Drop-ins welcome!**

Join us in a fun game of pickle ball, basketball, spike ball and board games! It's the perfect opportunity to discover different activities!

READING IN THE PARK

***Registration not required. Drop-ins welcome!**

Come and join us for a relaxing reading session in the park.

TIE-DYE ACTIVITY

***Registration required. Call/text 613-577-7219 or message on social media**

Join us for a creative tie-dye session! Come personalize a t-shirt with vibrant colors.

SUMMER CARNIVAL

***Registration not required. Drop-ins welcome!**

Come enjoy lots of carnival activities, popcorn, prizes, and much more! **If you're interested in volunteering, please contact us at 613-577-7219.**

PAINTING BIRD FEEDERS

***Registration required. Call/text 613-577-7219 or message on social media**

Come and paint your own bird feeders!

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/>