

SEPTEMBER 2025

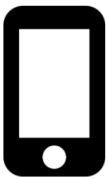
ROCKLAND YOUTH WELLNESS HUB

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 | 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 |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| <div>1</div> <div>CLOSED</div> | <div>2</div> <div>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT</div> | <div>3</div> <div>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION</div> | <div>4</div> <div>11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5 PM: NINTENDO SWITCH</div> | <div>5</div> <div>OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT</div> |
| <div>8</div> <div>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION</div> | <div>9</div> <div>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT</div> | <div>10</div> <div>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION</div> | <div>11</div> <div>11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: NEURODIVERGENT GROUP: DISNEY DRAWING</div> | <div>12</div> <div>OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT</div> |
| <div>15</div> <div>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION</div> | <div>16</div> <div>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT</div> | <div>17</div> <div>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT</div> | <div>18</div> <div>CLOSED</div> | <div>19</div> <div>OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT</div> |
| <div>22</div> <div>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 1-4 PM: EMPLOYMENT</div> | <div>23</div> <div>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT</div> | <div>24</div> <div>OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT</div> | <div>25</div> <div>11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5 PM: BOARD GAMES</div> | <div>26</div> <div>OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT</div> |
| <div>29</div> <div>1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5 PM: YOGA</div> | <div>30</div> <div>10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT</div> | | | |

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:

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

LUNCH HANGOUT

Bring your lunchbox and come hangout at the Hub during your lunch break!

NEURODIVERGENT GROUP

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

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

PAINT NIGHT

Join us for a fun evening of painting, music and good company!

NINTENDO SWITCH

Join us for a fun gaming session on the Nintendo Switch! Play your favorite games, challenge friends, and have a great time together.

BOARD GAMES NIGHT

Come hang out, meet new people, and enjoy a fun night of board games together.

YOGA

Relax and recharge with a beginner-friendly yoga session designed to help you stretch, move, and de-stress.

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/>