

JANUARY 2026

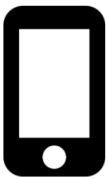
# ROCKLAND YOUTH WELLNESS HUB

## 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



@ROCKLANDYOUTHHUB

### 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
			CLOSED <sup>1</sup>	CLOSED <sup>2</sup>
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION <sup>5</sup>	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT <sup>6</sup>	OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <sup>7</sup>	11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT <sup>8</sup>	OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT <sup>9</sup>
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB <sup>12</sup>	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT <sup>13</sup>	OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <sup>14</sup>	11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: NEURODIVERGENT GROUP: NINTENDO SWITCH <sup>15</sup>	OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT <sup>16</sup>
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB <sup>19</sup>	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT <sup>20</sup>	OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <sup>21</sup>	11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: DRAWING NIGHT <sup>22</sup>	OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT <sup>23</sup>
1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 1-4 PM: EMPLOYMENT 4-5:30 PM: HOMEWORK CLUB <sup>26</sup>	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 1-4 PM: NURSE PRACTITIONER <sup>27</sup>	OUTREACH SITE HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <sup>28</sup>	11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: BOARD GAMES <sup>29</sup>	OUTREACH SITE EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT <sup>30</sup>

Revised December 17, 2025

### 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!

#### BOARD GAMES & NINTENDO SWITCH

Join us for a fun gaming session! Play your favourite games, challenge friends and have a great time together!

#### DRAWING NIGHT

Join us for a relaxing drawing night! Let your creativity flow, draw freely or follow prompts, and enjoy a cozy time together.

#### HOMEWORK CLUB

Join us for Homework Club! Get help with your assignments, study in a calm environment, and stay motivated with friends.

### 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/>