

# JULY 2026

## ROCKLAND YOUTH WELLNESS HUB

### SUPPORTING YOUTH AGES 12-25

1517 LAURIER ST. ROCKLAND, ON  
 TEXT/CALL 613-577-7219



| MONDAY<br>ROCKLAND<br>10 AM - 4 PM   | TUESDAY<br>ROCKLAND<br>10 AM - 4 PM  | WEDNESDAY<br>HAWKESBURY (OUTREACH SITE)<br>9 AM - 3 PM   | THURSDAY<br>ROCKLAND 10 AM - 4 PM<br>EMBRUN (OUTREACH SITE) 9 AM - 4PM  | FRIDAY<br>EMBRUN (OUTREACH SITE)<br>9 AM - 4 PM   |
|--|--|--|---|---|
|  |  | 1<br><b>CLOSED</b>   | 2<br><b>VIRTUAL SERVICES ONLY</b><br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4P M: CARE COORDINATOR  | 3<br><a href="#">EMBRUN: 649 NOTRE-DAME</a><br>9-4 PM: MENTAL HEALTH & ADDICTION<br>9-4 PM: PEER SUPPORT  |
| 6<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: CARE COORDINATOR<br><b>1-2:30: BOOK CLUB</b>                        | 7<br>10-4 PM: PEER SUPPORT<br>10-4 PM: CARE COORDINATOR<br>10-12 PM: NURSE PRACTITIONER        | 8<br><a href="#">HAWKESBURY: 580 SPENCE AVE.</a><br>9-3 PM: MENTAL HEALTH & ADDICTION<br>9-3 PM: PEER SUPPORT  | 9<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: CARE COORDINATOR<br><b>1-2:30 PM: SPIKE BALL</b>   | 10<br><b>CLOSED</b>   |
| 13<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: CARE COORDINATOR<br><b>1-2:30: BOOK CLUB</b>                       | 14<br>10-4 PM: PEER SUPPORT<br>10-4 PM: CARE COORDINATOR<br>10-4 PM: MENTAL HEALTH & ADDICTION | 15<br><a href="#">HAWKESBURY: 580 SPENCE AVE.</a><br>9-3 PM: MENTAL HEALTH & ADDICTION<br>9-3 PM: PEER SUPPORT | 16<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: CARE COORDINATOR<br><b>1-2:30 PM: NEURODIVERGENT GROUP: DIY FLOWER POT</b><br><a href="#">EMBRUN: 9-4 PM: MENTAL HEALTH &amp; ADDICTION</a> | 17<br><a href="#">EMBRUN: 649 NOTRE-DAME</a><br>9-4 PM: MENTAL HEALTH & ADDICTION                         |
| 20<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: CARE COORDINATOR<br><b>1-2:30: BOOK CLUB</b>                       | 21<br>10-4 PM: PEER SUPPORT<br>10-4 PM: CARE COORDINATOR<br>10-12 PM: NURSE PRACTITIONER       | 22<br><a href="#">HAWKESBURY: 580 SPENCE AVE.</a><br>9-3 PM: MENTAL HEALTH & ADDICTION<br>9-3 PM: PEER SUPPORT | 23<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: CARE COORDINATOR<br><b>1-2:30 PM: JUST DANCE TOURNAMENT</b><br><a href="#">EMBRUN: 9-4 PM: MENTAL HEALTH &amp; ADDICTION</a>                | 24<br><b>CLOSED</b>   |
| 27<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: CARE COORDINATOR<br>1-4 PM: EMPLOYMENT<br><b>1-2:30: BOOK CLUB</b> | 28<br>10-4 PM: PEER SUPPORT<br>10-4 PM: CARE COORDINATOR<br>10-4 PM: CARE COORDINATOR          | 29<br><a href="#">HAWKESBURY: 580 SPENCE AVE.</a><br>9-3 PM: MENTAL HEALTH & ADDICTION<br>9-3 PM: PEER SUPPORT | 30<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: CARE COORDINATOR<br><b>1-2:30 PM: PICKLE BALL</b><br><a href="#">EMBRUN: 9-4 PM: MENTAL HEALTH &amp; ADDICTION</a>                          | 31<br><a href="#">EMBRUN: 649 NOTRE-DAME</a><br>9-4 PM: MENTAL HEALTH & ADDICTION<br>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:

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

### 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!

### JUST DANCE TOURNAMENT

Join us for a Just Dance tournament filled with music, friendly competition and fun!

### BOOK CLUB

Join our Book Club! Discover new books, share your ideas and enjoy a great time reading!

### SPIKE BALL

Join us for an exciting game of Spike Ball filled with teamwork, and outdoor fun!

### PICKLE BALL

Join us for a fun and active game of pickle ball!

### OUTREACH SITES:

**HAWKESBURY: 580 SPENCE AVE.**

**EMBRUM: 649 NOTRE-DAME**

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 youth programs/events:  
<https://wabano.com/programs-and-events/youth-programs/>