

OCTOBER 2026

CORNWALL YOUTH
WELLNESS HUB
SUPPORTING YOUTH AGES 12-25

212 PITT ST. CORNWALL, ON



TEXT/CALL 613-577-7216 TO:

- SPEAK TO A PEER SUPPORT WORKER
- BOOK AN APPOINTMENT
- GET HUB INFORMATION
- REGISTER FOR ACTIVITIES



@CORNWALLYOUTHUB

HOURS
IN PERSON OR VIRTUAL

MONDAY	CLOSED
TUESDAY	1-8 PM
WEDNESDAY	1-8 PM
THURSDAY	10-4 PM
EVERY FRIDAY	OUTREACH SITE 9-4 PM

MON-	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER 4:30-6:30 PM: 2SLGBTQIA+ GROUP: KARAOKE NIGHT	OUTREACH SITE: 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION
5 CLOSED	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 1-4 PM: NURSE PRACTITIONER 3:15-5:15 PM: DUNGEONS & DRAGONS 5:30-7:30 PM: BUILDING HEALTHY CONNECTIONS	9-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT: PUMPKIN PAINTING	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER	OUTREACH SITE: 5 COLLEGE ST. IROQUOIS 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION
12 CLOSED	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 1-4 PM: NURSE PRACTITIONER 5:30-7:30 PM: BUILDING HEALTHY CONNECTIONS	9-8 PM: PEER SUPPORT 9-4 PM: NURSE PRACTITIONER 1-8 PM: MENTAL HEALTH & ADDICTION 4-8 PM: YOUTH SUPPORT WORKER 2:30-6 PM: EMPLOYMENT 5:30-7:30 PM: CHILL NIGHT: BINGO	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER	OUTREACH SITE: 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION
19 CLOSED	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 1-4 PM: NURSE PRACTITIONER 3:15-5:15 PM: DUNGEONS & DRAGONS 5:30-7:30 PM: BUILDING HEALTHY CONNECTIONS	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT: HALLOWEEN MOVIE NIGHT	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER	OUTREACH SITE: 5 COLLEGE ST. IROQUOIS 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION
26 CLOSED	1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 1-4 PM: NURSE PRACTITIONER 3:30-5 PM: PET THERAPY 5:30-7:30 PM: BUILDING HEALTHY CONNECTIONS	9-4 PM: NURSE PRACTITIONER (VIRTUAL ONLY) 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT: HALLOWEEN KAHOOT	10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: NURSE PRACTITIONER	OUTREACH SITE: 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION

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!

YOUTH SUPPORT WORKER

CAS youth support worker assists with crisis intervention, supports youth if a referral to CAS needs to be made and will support youth who want to talk about any issues around safety, issues at home with family and will assist with reaching out to other community supports.

ADDICTION

Get help with problems associated with substance use, addiction and gambling.

NURSE PRACTITIONER

Prescriptions, sexual health and all things medical.

SOCIAL & HOUSING SERVICES

Call 613-933-6282 for information on how to apply for social assistance and housing options in the area.

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:

2SLGBTQ+ YOUTH GROUP

***Registration required - 613-577-7216**

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!

CHILL NIGHT

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

Come spend time with us at the Hub and chill with a movie, board games, crafts or even a nice chat!

The special activities are hosted by a Youth Support Worker from CAS.

HEALING PAWS: DOG THERAPY PROGRAM

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

Ready to de-stress, have fun, and make some new furry friends? Join us at the Hub every last Tuesday of the month for our Dog Therapy Program! It's the pawfect chance to hang out, cuddle, and play with trained therapy dogs while boosting your mood, relaxing, letting go of stress, and connecting with others. Dogs provide comfort, emotional support without judgment, and unconditional love.

BUILDING HEALTHY CONNECTIONS GROUP

***Registration is required - 613-577-7216**

Every Monday from 5:00-7:00 p.m. for 8 consecutive weeks

Therapy group focused on building healthy relationships and positive mental health. Youth explore topics such as communication, boundaries, self-esteem, conflict resolution, and recognizing healthy and unhealthy relationship patterns. The group provides a safe space to share, learn, and develop new skills.

OUTREACH SITES IN ALEXANDRIA & IROQUOIS

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/>

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wellness
hubs**
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pour les jeunes**
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