

OCTOBER 2026

ROCKLAND YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25

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



MONDAY - ROCKLAND 1-7 PM	TUESDAY - ROCKLAND 10-4 PM	WEDNESDAY HAWKESBURY (OUREACH SITE) 9-3 PM	THURSDAY ROCKLAND 11-7 PM	FRIDAY EMBRUN (OUTREACH SITE) 9-3 PM
			11-7 PM: PEER SUPPORT 1 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: MAKING FRIENDSHIP BRACELETS	2 CLOSED
5 1-7 PM: MENTAL HEALTH & ADDICTION 4-6 PM: HOMEWORK CLUB	6 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-3 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	7 <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <u>HAWKESBURY: 412 CARTIER BLVD</u> 2-4 PM: YOUTH ACTIVITIES (12-17)	8 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: WAK IN THE PARK	9 <u>EMBRUN: 649 NOTRE-DAME</u> 9-4 PM: MENTAL HEALTH & ADDICTION
12 CLOSED	13 10-4 PM: PEER SUPPORT 10-3 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	14 <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <u>HAWKESBURY: 412 CARTIER BLVD</u> 2-4 PM: YOUTH ACTIVITIES (12-17)	15 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: BOARD GAME NIGHT	16 CLOSED
19 1-7 PM: MENTAL HEALTH & ADDICTION 4-6 PM: HOMEWORK CLUB	20 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-3 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	21 <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <u>HAWKESBURY: 412 CARTIER BLVD</u> 2-4 PM: YOUTH ACTIVITIES (12-17)	22 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: SPIKE BALL	23 <u>EMBRUN: 649 NOTRE-DAME</u> 9-4 PM: MENTAL HEALTH & ADDICTION
26 1-7 PM: MENTAL HEALTH & ADDICTION 1-4 PM: EMPLOYMENT 4-6 PM: HOMEWORK CLUB	27 10-4 PM: PEER SUPPORT 10-3 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	28 <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <u>HAWKESBURY: 412 CARTIER BLVD</u> 2-4 PM: YOUTH ACTIVITIES (12-17)	29 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: SCARY MOVIE NIGHT (16 AND OLDER)	30 CLOSED Revised September 29, 2026

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!

HOMEWORK CLUB

Are you looking for a welcoming space where you can get guidance and support to help you with your schoolwork and develop effective study habits? Come see us every Monday for homework club.

MAKING FRIENDSHIP BRACELETS

Connect with friends and showcase your style at our friendship bracelet-making workshop!

WALK IN THE PARK

Come join us for a little break in nature to breathe in the fresh air and admire the beautiful fall colors.

BOARD GAME NIGHT

Do you like playing board games? Come have some fun with us at our board game night!

SPIKE BALL

Get active, have fun, and bring the energy at our Spike ball night!

SCARY MOVIE NIGHT (AGE 16+)

Come get spooked with us at our horror movie night on October 29! (This event is for **ages 16 and up**—do you dare face your fears?) The movie hasn't been chosen yet; keep an eye on our social media for the announcement.

NEW: HAWKESBURY YOUTH HUB

A safe and inclusive space where youth can gather, share ideas, participate in activities, and find support in a respectful and non-judgmental environment.

Free activities and games, creative activities such as art, music and projects, as well as discussions about stress, emotions, social media, and healthy relationships.

Ages 12-17: Wednesdays from 3:30-5:30 pm

Ages 9-11: Saturdays from 10:00-11:30 am

Ages 12-15: Saturdays from 12:30-2:00 pm

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/>