

MARCH 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 AM -4 PM	WEDNESDAY - HAWKESBURY 9 AM-3 PM & 3:30-5:30 PM	THURSDAY - ROCKLAND 11 AM-7 PM	FRIDAY - EMBRUN 9 AM-3 PM	SATURDAY- HAWKESBURY 10 AM-2 PM
2 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB	3 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-12 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	4 <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <u>HAWKESBURY: 412 CARTIER BLVD</u> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)	5 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: PIPE CLEANER FLOWER CRAFT	6 <u>EMBRUN: 649 NOTRE-DAME</u> 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT	7 <u>HAWKESBURY: 412 CARTIER BLVD,</u> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15): NEW LOCATION FOR FUN YOUTH ACTIVITIES
9 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB	10 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT	11 <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <u>HAWKESBURY: 412 CARTIER BLVD</u> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)	12 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: NEURODIVERGENT GROUP: STEP BY STEP PAINTING	13 <u>EMBRUN: 649 NOTRE-DAME</u> 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT	14 <u>HAWKESBURY: 412 CARTIER BLVD,</u> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15): NEW LOCATION FOR FUN YOUTH ACTIVITIES
16 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB	17 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT	18 <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <u>HAWKESBURY: 412 CARTIER BLVD</u> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)	19 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: MARIO CART TOURNAMENT	20 <u>EMBRUN: 649 NOTRE-DAME</u> 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT	21 <u>HAWKESBURY: 412 CARTIER BLVD,</u> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15): NEW LOCATION FOR FUN YOUTH ACTIVITIES
23 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB	24 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT	25 <u>HAWKESBURY: 580 SPENCE AVE.</u> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT <u>HAWKESBURY: 412 CARTIER BLVD</u> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)	26 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: MONOPOLY NIGHT	27 <u>EMBRUN: 649 NOTRE-DAME</u> 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT	28 <u>HAWKESBURY: 412 CARTIER BLVD,</u> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15): NEW LOCATION FOR FUN YOUTH ACTIVITIES
30 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 1-4 PM: EMPLOYMENT 4-5:30 PM: HOMEWORK CLUB	31 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT				

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!

PIPE CLEANER FLOWER MAKING:

Join us for a pipe cleaner flower making activity! Do your own bouquet of flowers, express your style, and enjoy a fun time together. **Call or text the Hub to register for the activity by March 5 at Noon.**

HOMEWORK CLUB

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

MARIO KART TOURNAMENT

Join us for a fun Mario Kart tournament! Start your engines, race against friends, and enjoy a fun and friendly Mario Kart tournament together.

MONOPOLY NIGHT

Join us for a fun Monopoly night! Roll the dice, negotiate your best strategies, compete with your friends, and enjoy a relaxed and fun Monopoly evening together.

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/>