

# JUNE 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
1 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB	2 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT	3 <a href="#">HAWKESBURY: 580 SPENCE AVE.</a> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT  <a href="#">HAWKESBURY: 412 CARTIER BLVD</a> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)	4 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: MARIO CART TOURNAMENT	5 <a href="#">EMBRUN: 649 NOTRE-DAME</a> 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT	6 <a href="#">HAWKESBURY: 412 CARTIER BLVD.</a> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15) NEW LOCATION FOR FUN YOUTH ACTIVITIES
8 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB	9 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-12 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	10 <a href="#">HAWKESBURY: 580 SPENCE AVE.</a> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT  <a href="#">HAWKESBURY: 412 CARTIER BLVD</a> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)	11 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: ART WORKSHOP	12 <a href="#">EMBRUN: 649 NOTRE-DAME</a> 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT	13 <a href="#">HAWKESBURY: 412 CARTIER BLVD.</a> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15) NEW LOCATION FOR FUN YOUTH ACTIVITIES
15 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB	16 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT	17 <a href="#">HAWKESBURY: 580 SPENCE AVE.</a> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT  <a href="#">HAWKESBURY: 412 CARTIER BLVD</a> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)	18 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: WELLNESS ACTIVITY	19 <a href="#">EMBRUN: 649 NOTRE-DAME</a> 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT	20 <a href="#">HAWKESBURY: 412 CARTIER BLVD.</a> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15) NEW LOCATION FOR FUN YOUTH ACTIVITIES
22 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 4-5:30 PM: HOMEWORK CLUB	23 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-12 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	24 <a href="#">HAWKESBURY: 580 SPENCE AVE.</a> 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT  <a href="#">HAWKESBURY: 412 CARTIER BLVD</a> 3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)	25 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: OUTDOOR ACTIVITY	26 <b>CLOSED</b>	27 <a href="#">HAWKESBURY: 412 CARTIER BLVD.</a> 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15) NEW LOCATION FOR FUN YOUTH ACTIVITIES
29 1-7 PM: PEER SUPPORT 1-7 PM: MENTAL HEALTH & ADDICTION 1-4 PM: EMPLOYMENT	30 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!

### BOARD GAMES & NINTENDO SWITCH

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

### HOMEWORK CLUB

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

### PICKLEBALL

Join us for a pickle ball night and have fun learning and playing!

### MARIO KART TOURNAMENT

Join us for a fun Mario Kart tournament filled with friendly competition, challenges, and laughs!

### PAINT BY STEP WORKSHOP

Join us for a creative and relaxing experience as we paint step by step together!

### WELLNESS ACTIVITY

Join us for a relaxing yoga session, meditation, and wellness activities to recharge your mind and body.

### OUTDOOR ACTIVITIES

Come enjoy the fresh air with us for a walk in the park followed by a game of volley rally.

### 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/>