

SEPTEMBER 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	SATURDAY HAWKESBURY (OUTREACH SITE) 10-2 PM
	1 10-4 PM: PEER SUPPORT 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	2 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT	3 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: BINDER DECORATIONS	4 CLOSED	5 CLOSED
7 CLOSED	8 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	9 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT	10 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: PAINT NIGHT	11 EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION	12 CLOSED
14 1-7 PM: MENTAL HEALTH & ADDICTION 4-6 PM: BOOK CLUB	15 10-4 PM: PEER SUPPORT 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	16 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT	17 CLOSED	18 CLOSED	19 CLOSED
21 1-7 PM: MENTAL HEALTH & ADDICTION 4-6 PM: BOOK CLUB	22 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	23 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT HAWKESBURY: 412 CARTIER BLVD 3:30-5:30 PM: YOUTH ACTIVITIES (AGE 12-17)	24 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: PICKLE BALL	25 EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION	26 HAWKESBURY: 412 CARTIER BLVD. ACTIVITIES 10-11:30 AM (AGE 9-11) 12:30-2:00 PM (AGE 12-15)
28 1-7 PM: MENTAL HEALTH & ADDICTION 1-4 PM: EMPLOYMENT 4-6 PM: BOOK CLUB	29 10-4 PM: PEER SUPPORT 10-4 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	30 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT HAWKESBURY: 412 CARTIER BLVD 3:30-5:30 PM: YOUTH ACTIVITIES (AGE 12-17)			

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!

BOOK CLUB

Join the reading club! Discover new books, share your ideas and enjoy a great time reading.

PICKLE BALL

Get active, have fun, and bring the energy at our pickle ball night! Whether you're competitive, a team player, or just looking to try a fun new sport, this event is all about sharpening your reflexes, boosting your energy, and connecting with others on the court.

BINDER DECORATION

Start the year off on the right foot by creating a binder that's uniquely you! Whether you love a minimalist, bohemian, colorful, or vibrant style, this creative workshop lets you personalize your binder cover so it perfectly reflects your personality and your goals for the year.

PAINT NIGHT

Unleash your creativity and let your imagination flow at our paint night!

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/>