

# MAY 2026

## ROCKLAND YOUTH WELLNESS HUB

### SUPPORTING YOUTH AGES 12-25

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



| MONDAY - ROCKLAND<br>1-7 PM   | TUESDAY - ROCKLAND<br>10 AM -4 PM  | WEDNESDAY - HAWKESBURY<br>9 AM-3 PM & 3:30-5:30 PM  | THURSDAY - ROCKLAND<br>11 AM-7 PM   | FRIDAY - EMBRUN<br>9 AM-3 PM  | SATURDAY- HAWKESBURY<br>10 AM-2 PM   |
|---|--|---|---|---|--|
|   |  |   |   | 1<br>EMBRUN: 649 NOTRE-DAME<br>9-4 PM: MENTAL HEALTH & ADDICTION<br>9-4 PM: PEER SUPPORT  | 2<br>HAWKESBURY:<br>412 CARTIER BLVD,<br>10-11:30 AM (AGE 9-11)<br>12:30-2:00 PM (AGE 12-15)<br>NEW LOCATION FOR FUN YOUTH ACTIVITIES  |
| 4<br>1-7 PM: PEER SUPPORT<br>1-7 PM: MENTAL HEALTH & ADDICTION<br>4-5:30 PM: HOMEWORK CLUB                        | 5<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>11:30-1 PM: LUNCH HANGOUT  | 6<br>HAWKESBURY: 580 SPENCE AVE.<br>9-3 PM: MENTAL HEALTH & ADDICTION<br>9-3 PM: PEER SUPPORT<br><br>HAWKESBURY: 412 CARTIER BLVD<br>3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17)  | 7<br>11-7 PM: PEER SUPPORT<br>11-7 PM: MENTAL HEALTH & ADDICTION<br>11:30-1 PM: LUNCH HANGOUT<br>4-5:30 PM: DRAWING NIGHT | 8<br>EMBRUN: 649 NOTRE-DAME<br>9-4 PM: MENTAL HEALTH & ADDICTION<br>9-4 PM: PEER SUPPORT  | 9<br>HAWKESBURY:<br>412 CARTIER BLVD,<br>10-11:30 AM (AGE 9-11)<br>12:30-2:00 PM (AGE 12-15)<br>NEW LOCATION FOR FUN YOUTH ACTIVITIES  |
| 11<br>1-7 PM: PEER SUPPORT<br>1-7 PM: MENTAL HEALTH & ADDICTION<br>4-5:30 PM: HOMEWORK CLUB                       | 12<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>11:30-1 PM: LUNCH HANGOUT | 13<br>HAWKESBURY: 580 SPENCE AVE.<br>9-3 PM: MENTAL HEALTH & ADDICTION<br>9-3 PM: PEER SUPPORT<br><br>HAWKESBURY: 412 CARTIER BLVD<br>3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17) | 14<br><b>CLOSED</b>   | 15<br>EMBRUN: 649 NOTRE-DAME<br>9-4 PM: MENTAL HEALTH & ADDICTION<br>9-4 PM: PEER SUPPORT | 16<br>HAWKESBURY:<br>412 CARTIER BLVD,<br>10-11:30 AM (AGE 9-11)<br>12:30-2:00 PM (AGE 12-15)<br>NEW LOCATION FOR FUN YOUTH ACTIVITIES |
| 18<br><b>CLOSED</b>   | 19<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>11:30-1 PM: LUNCH HANGOUT | 20<br>HAWKESBURY: 580 SPENCE AVE.<br>9-3 PM: MENTAL HEALTH & ADDICTION<br>9-3 PM: PEER SUPPORT<br><br>HAWKESBURY: 412 CARTIER BLVD<br>3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17) | 21<br>11-7 PM: PEER SUPPORT<br>11-7 PM: MENTAL HEALTH & ADDICTION<br>11:30-1 PM: LUNCH HANGOUT<br>4-5:30 PM: BOARD GAMES  | 22<br>EMBRUN: 649 NOTRE-DAME<br>9-4 PM: MENTAL HEALTH & ADDICTION<br>9-4 PM: PEER SUPPORT | 23<br>HAWKESBURY:<br>412 CARTIER BLVD,<br>10-11:30 AM (AGE 9-11)<br>12:30-2:00 PM (AGE 12-15)<br>NEW LOCATION FOR FUN YOUTH ACTIVITIES |
| 25<br>1-7 PM: PEER SUPPORT<br>1-7 PM: MENTAL HEALTH & ADDICTION<br>1-4 PM: EMPLOYMENT<br>4-5:30 PM: HOMEWORK CLUB | 26<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>11:30-1 PM: LUNCH HANGOUT | 27<br>HAWKESBURY: 580 SPENCE AVE.<br>9-3 PM: MENTAL HEALTH & ADDICTION<br>9-3 PM: PEER SUPPORT<br><br>HAWKESBURY: 412 CARTIER BLVD<br>3:30-5:30 PM: NEW LOCATION FOR FUN YOUTH ACTIVITIES (AGE 12-17) | 28<br>11-7 PM: PEER SUPPORT<br>11-7 PM: MENTAL HEALTH & ADDICTION<br>11:30-1 PM: LUNCH HANGOUT<br>4-5:30 PM: PICKLEBALL   | 29<br>EMBRUN: 649 NOTRE-DAME<br>9-4 PM: MENTAL HEALTH & ADDICTION<br>9-4 PM: PEER SUPPORT | 30<br>HAWKESBURY:<br>412 CARTIER BLVD,<br>10-11:30 AM (AGE 9-11)<br>12:30-2:00 PM (AGE 12-15)<br>NEW LOCATION FOR FUN YOUTH ACTIVITIES |

## 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!

### DRAWING NIGHT

Join us for a fun and creative drawing night!

### 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!

### 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/>