

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 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT HAWKESBURY: 412 CARTIER BLVD 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 EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT	6 HAWKESBURY: 412 CARTIER BLVD. 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 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT HAWKESBURY: 412 CARTIER BLVD 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 EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT	13 HAWKESBURY: 412 CARTIER BLVD. 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 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT HAWKESBURY: 412 CARTIER BLVD 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 EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT	20 HAWKESBURY: 412 CARTIER BLVD. 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 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT HAWKESBURY: 412 CARTIER BLVD 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 CLOSED	27 CLOSED
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/>