

AUGUST 2026

ROCKLAND YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25

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



MONDAY ROCKLAND 10 AM - 4 PM	TUESDAY ROCKLAND 10 AM - 4 PM	WEDNESDAY HAWKESBURY (OUTREACH SITE) 9 AM - 3 PM	THURSDAY ROCKLAND 10 AM - 4 PM EMBRUN (OUTREACH SITE) 9 AM - 4PM	FRIDAY EMBRUN (OUTREACH SITE) 9 AM - 4 PM
3 CLOSED	4 10-4 PM: CARE COORDINATOR 10-4 PM: NURSE PRACTITIONER	5 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION	6 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: CARE COORDINATOR 1-2:30 PM: MOVIE & POPCORN EMBRUN: 9-4 PM: MENTAL HEATH & ADDICTION	7 CLOSED
10 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: CARE COORDINATOR 1-2:30: BOOK CLUB	11 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 10-4 PM: CARE COORDINATOR 1-4 PM: NURSE PRACTITIONER	12 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT	13 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: CARE COORDINATOR 1-2:30 PM: TYE-DIE SHIRT EMBRUN: 9-4 PM: MENTAL HEATH & ADDICTION	14 EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT
17 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: CARE COORDINATOR 1-2:30: BOOK CLUB	18 10-4 PM: PEER SUPPORT 10-4 PM: CARE COORDINATOR	19 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT	20 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: CARE COORDINATOR 1-2:30 PM: OUTSIDE YOGA EMBRUN: 9-4 PM: MENTAL HEATH & ADDICTION	21 CLOSED
24 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: CARE COORDINATOR 1-2:30: BOOK CLUB	25 10-4 PM: PEER SUPPORT 10-4 PM: CARE COORDINATOR 10-4 PM: MENTAL HEALTH 1-4 PM: NURSE PRACTITIONER	26 HAWKESBURY: 580 SPENCE AVE. 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT	27 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: CARE COORDINATOR 1-2:30 PM: TENNIS EMBRUN: 9-4 PM: MENTAL HEATH & ADDICTION	28 EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION 9-4 PM: PEER SUPPORT
31 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 10-4 PM: CARE COORDINATOR 1-4 PM: EMPLOYMENT 1-2:30: BOOK CLUB				

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!*

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!

MOVIE & POPCORN

Join us for a relaxing movie afternoon with delicious popcorn and a fun, welcoming atmosphere!

BOOK CLUB

Join our Book Club! Discover new books, share your ideas and enjoy a great time reading!

CREATE YOUR OWN TYE-DIE SHIRT

Join us to create your own Tie-Dye shirt and express your creativity with fun and vibrant colors!

OUTSIDE YOGA

Join us for an outdoor yoga session and enjoy a relaxing, experience suitable for all skill levels!

TENNIS

Get ready for an action-packed Tennis tournament full of friendly competition, teamwork, exciting rallies, and plenty of fun! Come show off your skills and enjoy a great time with friends

OUTREACH SITES:

HAWKESBURY: 580 SPENCE AVE.
EMBRUM: 649 NOTRE-DAME

Offers one session counselling to assist you with a current problem and work together with you on possible solutions.

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/>