# CORNWALL YOUTH WELLNESS HUB

## SUPPORTING YOUTH AGES 12-25

212 PITT ST. CORNWALL, ON

**TEXT/CALL 613-577-7216 TO:**

- SPEAK TO A PEER SUPPORT WORKER
- BOOK AN APPOINTMENT
- GET HUB INFORMATION
- REGISTER FOR ACTIVITIES

@CORNWALLYOUTHHUB

| HOURS IN PERSON OR VIRTUAL | |
|---|---|
| MONDAY | CLOSED |
| TUESDAY | 1-8 PM |
| WEDNESDAY | 1-8 PM |
| THURSDAY | 10-4 PM |
| EVERY FRIDAY | OUTREACH SITE 9-4 PM |

# NOVEMBER 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2<br>CLOSED | 3<br>1-8 PM: PEER SUPPORT<br>1-8 PM: MENTAL HEALTH & ADDICTION<br>1-4 PM: NURSE PRACTITIONER<br>3:15-5:15 PM: DUNGEONS & DRAGONS | 4<br>1-8 PM: PEER SUPPORT<br>1-8 PM: MENTAL HEALTH & ADDICTION<br>4-8 PM: YOUTH SUPPORT WORKER<br>5:30-7:30 PM: CHILL NIGHT: BRACELET MAKING | 5<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: NURSE PRACTITIONER<br>4:30-6:30 PM: 2SLGBTQIA+ GROUP: BUTTON MAKING | 6<br>OUTREACH SITE:<br>5 COLLEGE ST. IROQUOIS<br>9-4 PM: PEER SUPPORT<br>9-4 PM: MENTAL HEALTH & ADDICTION |
| 9<br>CLOSED | 10<br>1-8 PM: PEER SUPPORT<br>1-8 PM: MENTAL HEALTH & ADDICTION<br>1-4 PM: NURSE PRACTITIONER | 11<br>CLOSED AT 5PM<br>1-5 PM: PEER SUPPORT<br>1-5 PM: MENTAL HEALTH & ADDICTION<br>1-5 PM: NURSE PRACTITIONER (VIRTUAL) | 12<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: NURSE PRACTITIONER | 13<br>OUTREACH SITE:<br>5 MAIN ST. ALEXANDRIA<br>9-4 PM: PEER SUPPORT<br>9-4 PM: MENTAL HEALTH & ADDICTION |
| 16<br>CLOSED | 17<br>1-8 PM: PEER SUPPORT<br>1-8 PM: MENTAL HEALTH & ADDICTION<br>1-4 PM: NURSE PRACTITIONER<br>3:15-5:15 PM: DUNGEONS & DRAGONS | 18<br>1-8 PM: PEER SUPPORT<br>1-8 PM: MENTAL HEALTH & ADDICTION<br>2:30-6 PM: EMPLOYMENT<br>4-8 PM: YOUTH SUPPORT WORKER<br>5:30-7:30: CHILL NIGHT: TRIVIA | 19<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: NURSE PRACTITIONER | 20<br>OUTREACH SITE:<br>5 COLLEGE ST. IROQUOIS<br>9-4 PM: PEER SUPPORT<br>9-4 PM: MENTAL HEALTH & ADDICTION |
| 23<br>CLOSED | 24<br>1-8 PM: PEER SUPPORT<br>1-8 PM: MENTAL HEALTH & ADDICTION<br>1-4 PM: NURSE PRACTITIONER<br>3:30-5:00 PM: PET THERAPY | 25<br>9-4 PM: NURSE PRACTITIONER (VIRTUAL)<br>1-8 PM: PEER SUPPORT<br>1-8 PM: MENTAL HEALTH & ADDICTION<br>4-8 PM: YOUTH SUPPORT WORKER<br>5:30-7:30: CHILL NIGHT: CHRISTMAS ORNAMENTS | 26<br>10-4 PM: PEER SUPPORT<br>10-4 PM: MENTAL HEALTH & ADDICTION<br>10-4 PM: NURSE PRACTITIONER | 27<br>OUTREACH SITE:<br>5 MAIN ST. ALEXANDRIA<br>9-4 PM: PEER SUPPORT<br>9-4 PM: MENTAL HEALTH & ADDICTION |
| 30<br>CLOSED | | | | |

Revised October 27, 2026

## 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!

## YOUTH SUPPORT WORKER
CAS youth support worker assists with crisis intervention, supports youth if a referral to CAS needs to be made and will support youth who want to talk about any issues around safety, issues at home with family and will assist with reaching out to other community supports.

## ADDICTION
Get help with problems associated with substance use, addiction and gambling.

## NURSE PRACTITIONER
Prescriptions, sexual health and all things medical.

## SOCIAL & HOUSING SERVICES
Call 613-933-6282 for information on how to apply for social assistance and housing options in the area.

## 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:

### 2SLGBTQ+ YOUTH GROUP
***Registration required - 613-577-7216***
Meet and greet youth aged 12-25 who are on the same kind of journey as you! If you identify as asexual, bisexual, gay, gender-fluid, intersex, lesbian, queer, pansexual, questioning, transgender or two-spirit, this is the place for you!

### CHILL NIGHT
***Registration not required. Drop-ins welcome!***
Come spend time with us at the Hub and chill with a movie, board games, crafts or even a nice chat!
***The special activities are hosted by a Youth Support Worker from CAS.***

### HEALING PAWS: DOG THERAPY PROGRAM
***Registration not required. Drop-ins welcome!***
Ready to de-stress, have fun, and make some new furry friends? Join us at the Hub every last Tuesday of the month for our Dog Therapy Program! It's the pawfect chance to hang out, cuddle, and play with trained therapy dogs while boosting your mood, relaxing, letting go of stress, and connecting with others. Dogs provide comfort, emotional support without judgment, and unconditional love.

## OUTREACH SITES IN ALEXANDRIA & IROQUOIS
Offers one session counselling to assist you with a current problem and work together with you on possible solutions.

## FOR INDIGENOUS YOUTH
Wabano

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 website calendar:
https://wabano.com/calendar/

youth wellness hubs ONTARIO | carrefours bien-être pour les jeunes DE L'ONTARIO