NOVEMBER 2026

ROCKLAND YOUTH WELLNESS HUB

SUPPORTING YOUTH AGES 12-25

1517 LAURIER ST. ROCKLAND, ON

TEXT/CALL 613-577-7219

@ROCKLANDYOUTHHUB

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
2 1-7 PM: MENTAL HEALTH & ADDICTION 4-7 PM: PEER SUPPORT 4-6 PM: HOMEWORK CLUB	3 10-4 PM: CARE COORDINATOR 10-4 PM: MENTAL HEALTH & ADDICTION 1-3 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	HAWKESBURY: 580 SPENCE AVE. 4 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT HAWKESBURY: 412 CARTIER BLVD 2-4 PM: YOUTH ACTIVITIES (AGE 12-17)	5 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: BINGO	6 EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION
9 1-7 PM: MENTAL HEALTH & ADDICTION 4-7 PM: PEER SUPPORT 4-6 PM: HOMEWORK CLUB	10 10-4 PM: CARE COORDINATOR 10-3 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	11 CLOSED	12 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: MARIO CART TOURNAMENT	13 CLOSED
16 1-7 PM: MENTAL HEALTH & ADDICTION 4-7 PM: PEER SUPPORT 4-6 PM: HOMEWORK CLUB	17 10-4 PM: CARE COORDINATOR 10-4 PM: MENTAL HEALTH & ADDICTION 1-3 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	HAWKESBURY: 580 SPENCE AVE. 18 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT HAWKESBURY: 412 CARTIER BLVD 2-4 PM: YOUTH ACTIVITIES (AGE 12-17)	19 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: DIY CRAFTS	20 EMBRUN: 649 NOTRE-DAME 9-4 PM: MENTAL HEALTH & ADDICTION
23 1-7 PM: MENTAL HEALTH & ADDICTION 1-4 PM: EMPLOYMENT 4-7 PM: PEER SUPPORT 4-6 PM: HOMEWORK CLUB	24 10-4 PM: CARE COORDINATOR 10-3 PM: NURSE PRACTITIONER 11:30-1 PM: LUNCH HANGOUT	HAWKESBURY: 580 SPENCE AVE. 25 9-3 PM: MENTAL HEALTH & ADDICTION 9-3 PM: PEER SUPPORT HAWKESBURY: 412 CARTIER BLVD 2-4 PM: YOUTH ACTIVITIES (AGE 12-17)	26 11-7 PM: PEER SUPPORT 11-7 PM: MENTAL HEALTH & ADDICTION 11:30-1 PM: LUNCH HANGOUT 4-5:30 PM: BASKETBALL TOURNAMENT	27 CLOSED
30 1-7 PM: MENTAL HEALTH & ADDICTION 4-7 PM: PEER SUPPORT 4-6 PM: HOMEWORK CLUB				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!

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.

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Rockland & PR

GROUPS/ACTIVITIES:
Registration not required. Drop-ins welcome!

LUNCH HANGOUT
Bring your lunchbox and come hangout at the Hub during your lunch break!

HOMEWORK CLUB
Are you looking for a welcoming space where you can get guidance and support to help you with your schoolwork and develop effective study habits? Come see us every Monday for homework club.

MARIO CART TOURNAMENT
Ready to dominate the track? Dodge those blue shells, pass your friends, and take home the trophy! Grab your controller!

DIY CRAFTS
Unleash your creativity! Come make cool stuff, try fun craft trends, and take home your own custom creations. Good vibes and all supplies included!

BASKETBALL TOURNAMENT
Come solo or with friends, we'll set up teams on the spot. Hit the court, show off your skills, and take home the win!

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

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 youth programs/events: https://wabano.com/programs-and-events/youth-programs/