

SEPTEMBER 2024

CORNWALL YOUTH WELLNESS HUB SUPPORTING YOUTH AGES 12-25

212 PITT ST. CORNWALL, ON



<https://youthhubs.ca/site/cornwall-sdg-youth-wellness-hub>



TEXT/CALL 613-577-7216 TO:

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



@CORNWALLYOUTHUB

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-3 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	4 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / SCRAPBOOKING	5 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-4 PM: PARENT & CAREGIVER SUPPORT 4:30-6:30 PM: 2SLGBTQ+ GROUP: MAKING A SCULPTURE	6 OUTREACH SITE: 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 AM: MENTAL HEALTH & ADDICTION
9 CLOSED	10 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-3 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION	11 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / BINGO & PRIZES	12 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-4 PM: NURSE PRACTITIONER	13 CLOSED
16 CLOSED	17 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-3 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION 3-5 PM: VISION BOARDS	18 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / TRIVIA	19 CLOSED	20 OUTREACH SITE 5 MAIN ST. ALEXANDRIA 9-4 PM: PEER SUPPORT 9-4 PM: MENTAL HEALTH & ADDICTION
23 CLOSED	24 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 1-3 PM: NURSE PRACTITIONER 4-8 PM: ADDICTION 3-5 PM: DUNGEONS & DRAGONS	25 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT / PAINT NIGHT	26 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH 1-4 PM: NURSE PRACTITIONER	27 CLOSED
30 CLOSED				

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.

DUNGEONS & DRAGONS

***Registration not required. Drop-ins welcome!**

Join us in playing the classic tabletop role-playing game Dungeons & Dragons! Where will your adventures take you? It's up to you! Both beginners and experienced players are welcome. All materials will be provided, but feel free to bring your own as well!

VISION BOARDS

***Registration required - 613-577-7216**

Join us to create a vision board for the 2024-2025 school year. We will reflect on your values, your goals, your dreams; what motivates you, brings you joy, is important to you, and what you want to stay focused on. We will then create a collage of images, drawings, words, and/or phrases that inspire you to achieve your goals and manifest your big dreams. You will get to bring the vision board you created with you home!

OUTREACH SITE IN ALEXANDRIA

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 website calendar:

<https://wabano.com/calendar/>

**youth
wellness
hubs**
ONTARIO



**carrefours
bien-être
pour les jeunes**
DE L'ONTARIO

