

APRIL 2025

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
	1 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION	2 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / BOARD GAMES	3 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-3:30 PM: NURSE PRACTITIONER 4:30-6:30 PM: 2SLGBTQIA+ GROUP: LEGO NIGHT	4 <u>OUTREACH SITE:</u> 5 MAIN ST. ALEXANDRIA 9-4 AM: MENTAL HEALTH & ADDICTION
7 CLOSED	8 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION	9 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30 PM: CHILL NIGHT / TRIVIA	10 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-3:30 PM: NURSE PRACTITIONER	11 CLOSED
14 CLOSED	15 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 4-6 PM: TOOLS FOR THRIVING: SEXUAL HEALTH 101	16 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 2:30-6 PM: EMPLOYMENT 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT / PAINT NIGHT	17 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-3:30 PM: NURSE PRACTITIONER	18 CLOSED
21 CLOSED	22 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION	23 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT / BINGO WITH PRIZES	24 10-4 PM: PEER SUPPORT 10-4 PM: MENTAL HEALTH & ADDICTION 1-3:30 PM: NURSE PRACTITIONER	25 CLOSED
28 CLOSED	29 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION	30 1-8 PM: PEER SUPPORT 1-8 PM: MENTAL HEALTH & ADDICTION 4-8 PM: YOUTH SUPPORT WORKER 5:30-7:30: CHILL NIGHT / DUNGEONS & DRAGONS		

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.

TOOLS FOR THRIVING: SEXUAL HEALTH 101

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

Ready to get the real scoop on sexual health? Join us for an eye-opening session with a Nurse Practitioner who'll break down all the important stuff—contraceptives, STIs, consent, the menstrual cycle, and more. This isn't your typical talk; you'll get the straight facts, have the chance to ask whatever is on your mind and chat with the Nurse Practitioner in a chill, no-judgment zone. Trust us, you won't want to miss this!

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/>