

# Youth CALL

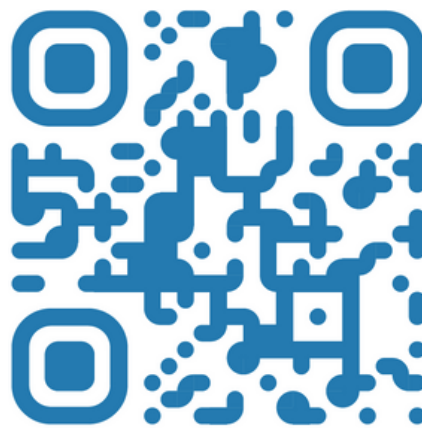
**YouthCALL is the front door to mental health and wellbeing services for local youth!**

**Serving youth aged 12-25**

**Inclusive • Free • Easily accessible**

## JOIN YOUTHCALL FOR...

- ♥ Events, Drop-ins & Social Connections
- ♥ Counselling (virtual & in-person)
- ♥ Skill-building Groups
- ♥ Wellbeing Workshops
- ♥ Discord chats about Mental Health
- ♥ Referrals to Community Programs/Services



## HOURS

### **Monday**

10:00am - 6:00pm

### **Tues, Wed, Thurs**

10:00am - 7:00pm

### **Friday**

9:00am - 5:00pm

## **Interested?**

Call/text (705) 790-2338 ♥ Email [YouthCALL@cfssc.ca](mailto:YouthCALL@cfssc.ca)

 [YouthCALLHub](#) ♥ [youthcall.ca](http://youthcall.ca)

A program of  **CFS** **Counselling + Wellbeing** and partners

#YoNDL