

Some days a warm hug from a kind friend is all you need.



**Be around those who
make you feel accepted.**



@mykickstandca



Free virtual and in-person health and wellness services

for Albertans aged 11-25 and families/
caregivers who support young people.

- Mental health counselling
- Substance use counselling
- Employment services
- Support groups and workshops
- Peer support and more!



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