

Get the help you need from the comfort of your home.



Feeling off-balance? Find balance at Kickstand.



@mykickstandca



Free, virtual, low barrier health & 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!