



About Us

Kickstand is Alberta's integrated youth mental health hub initiative aimed at facilitating the alignment of services and programs in a manner that empowers young people, to access wholistic, recovery oriented, developmentally designed care under one recognizable and easily accessible location. *Like the kickstand on a bike, we are here to provide support to young people along their journey, so that they can have more good days!*

Kickstand's integrated model puts young people (~11-25 years old) at the center of care and seamlessly connects them to various service providers all under one roof. It involves providing equitable access to innovative, co-created and accessible resources, tools and services that are relevant and address the unique characteristics of individuals. Each Kickstand location (virtual or physical) aims to provide services across 6 streams: **physical and sexual health, substance use, mental health, indigenous wellness services, peer support** and **social services**.

Kickstand is not about starting from scratch or doing the work that others are already good at. Kickstand recognizes the high quality, effective programs and services across Alberta. The goal is to create sustainable system change by implementing a structure that invites and facilitates the ability of these stakeholders to work in an integrated manner.

Our Network

The implementation of the Kickstand Network is centered on transforming community-based resources through a collective impact approach. The Network is made up of Kickstand's provincial implementation team, youth action council, lead agencies, staff, partner organizations and providers all working collaboratively towards a shared vision.

Building on international, national and provincial evidence, this model of system transformation aims to re-organize and augment existing holistic health and wellness services and supports within a community into a collaborative service framework to support delivery of care in a youth-friendly hub location with a focus on considerations around youth uptake and acceptability.

Our Mission

To enhance access to holistic health and wellness services for youth in a way that makes sense. Co-designed with young people, families, Indigenous communities, and caregivers.

Our Vision

To become the go-to place for Alberta's young people and their families, where they can find support to have more good days and build brighter futures.

Where can you find us?

Kickstand Centres are “one-stop-shops” where young people can access the support and care they need in a convenient, comfortable and capable service delivery location.

The Kickstand Network is growing constantly and consists of physical Kickstand Centres and an online platform, with the goal of one day opening over 50 hubs in communities across the province!

Any young person (11-25 yo) in Alberta can access services by walking into a Kickstand Centre, or booking a virtual appointment on Kickstand Connect.

kickstand Hubs

Now Open

- Edmonton
- Grande Prairie
- Fort. Saskatchewan
- Bonnyville
- Drayton Valley
- Medicine Hat

Opening Soon

- Strathmore

On-Nation

- Alexis
- Enoch
- Samson

In Development

- Tri-Region
 - Spruce Grove

Virtual Services:

Kickstand Connect

- Online – Access from anywhere
- Expanding hours and availability
- Free – No cost for services
- No Referrals – Book it yourself

Learn more about Kickstand Connect:



Learn more about our hubs here:

