

# TAY

## Transitional Aged Youth

If you're 16 to 24 years old,  
struggling and need to talk...



**Get in Touch.  
We Can Help.**

For more info or an appointment, contact the Transitional Connector.

📞 613 827 2845 📞 613 969 0830 ✉️ [tay@youthab.ca](mailto:tay@youthab.ca)

**youthab.**

[www.youthab.ca](http://www.youthab.ca)

Serving Hastings-Prince Edward

 **Ontario**  
South East Local Health  
Integration Network  
Réseau local d'intégration  
des services de santé  
du Sud-Est

**Support . Connect . Empower**