

TAY

Transitional Aged Youth

If you're 16 to 24 years old,
we can help with:



- Connecting to a Counsellor (for anxiety, depression, etc.)
- Finding a safe place to live
- Employment readiness and finding a job
- Going back to school or continuing education
- Applying for financial support
- Getting government ID (health card, SIN, birth certificate, etc.)
- so much more!

TAY Services are free and confidential.

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

In Lanark: 📞 613 207 0730 📞 613 284 5119 ✉️ taylanark@youthab.ca

In Leeds & Grenville: 📞 613 342 2262 ✉️ youth@llgamh.ca



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www.youthab.ca



Canadian Mental Health Association
Hastings Prince Edward
Addictions and Mental Health Services

Serving Lanark, Leeds & Grenville

Support . Connect . Empower