

TAY

Transitional Aged Youth

**If you're 16 to 24 years old,
struggling and need to talk,
we can help with:**



- **Connecting to a Counsellor**
(for anxiety, depression, etc.)
- **Finding a safe place to live**
- **Employment readiness and finding a job**
- **Continuing education or vocation**
- **Applying for financial support**
- **Getting government ID**
(health card, SIN, birth certificate, etc.)

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

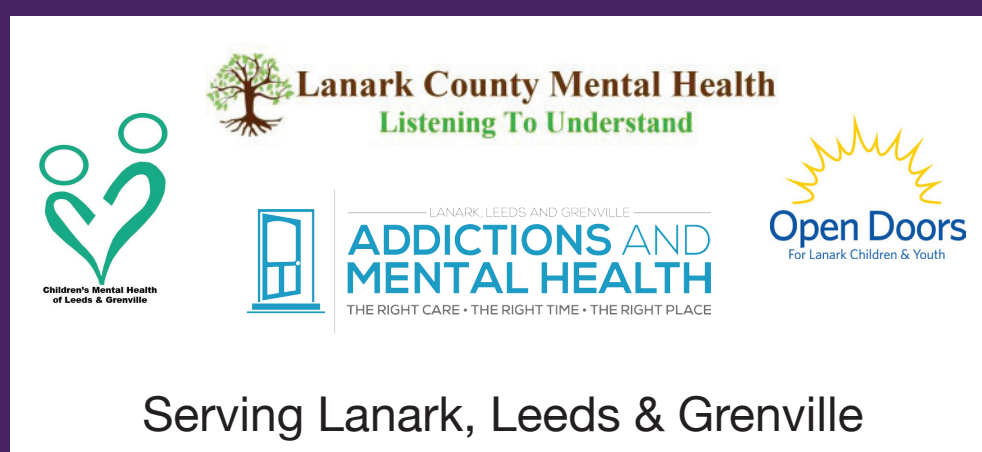
TAY services are free and confidential.

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

In Lanark: 📞 613 207 0730 ☎ 613 283 2170 ✉ taylanark@youthab.ca

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

youthab.
www.youthab.ca



ADDICTIONS AND MENTAL HEALTH SERVICES
HASTINGS PRINCE EDWARD

Support . Connect . Empower