

**SIMPLE CONNECTIONS**  
stronger families



# YOUTH CENTRE

Volunteer for an activity you like or service you care about.

Community connections build family resiliency.

Attend or organize an event in your community.

Explore the programs in your community and share what you find out with others.

Invite your neighbours to go to the park.

Pass on toys or clothes that you've outgrown to others.

Call 811 for health information.  
Call 211 for community services and supports.

