

**SIMPLE CONNECTIONS**  
stronger families



www.YLLMYHOME.com



www.AHS.ca/amh

# YOUTH CENTRE

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

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

Community connections build family resiliency.



Attend or  
organize an event  
in your community.



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.