



For more information about these resources

Human Development Council
636-1673

www.sjhdc.ca

youthspace.ca

30 yrs and under / 10 p.m. - 4 a.m.
any type of needs text 778-783-0177



1

Take a look at the yellow boxes at the bottom of the Helping Tree and identify the need.

2

Once you've identified the need, look at the support services listed for each (white boxes) and find the one that feels right for you.

Identify the need, then the resource.

START HERE

KV - Jan. 2018



Scan the code to access the info anywhere on your smartphone!

Kennebecasis Valley/Hampton