

Come make new friends at Kickstand!



@mykickstandca



**Some days a warm
hug from a kind
friend is all you need.**

Access free virtual and in-person health and wellness services



Open to Albertans ages 11-25, their families, and caregivers



- Mental health counselling
- Substance use counselling
- Employment services
- Support groups and workshops
- Peer support and more!

for in-person services:

mykickstand.ca/communities

for virtual services:

mykickstand.ca/connect

[@mykickstandca](https://www.instagram.com/mykickstandca)



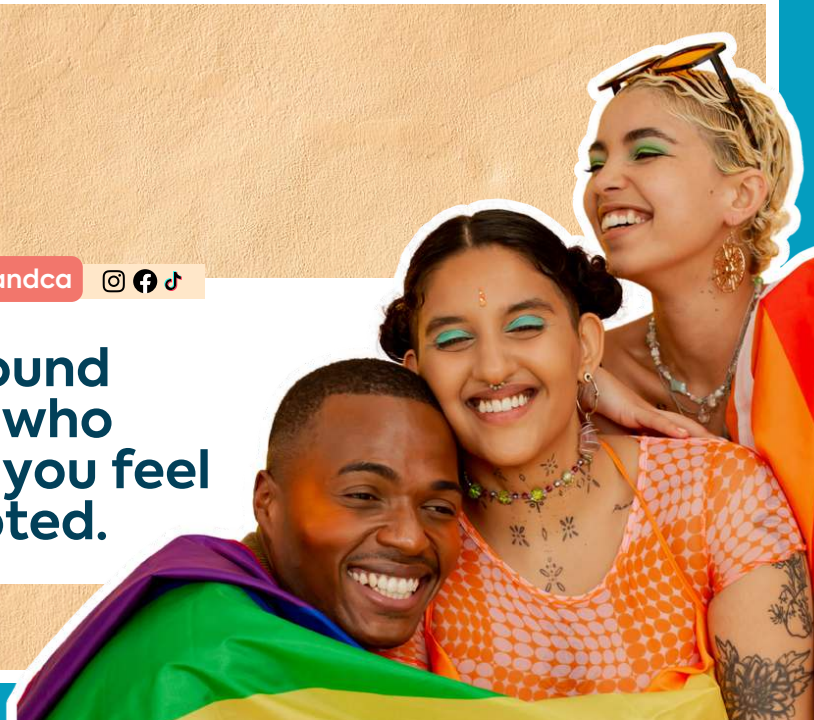
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**Be around
those who
make you feel
accepted.**



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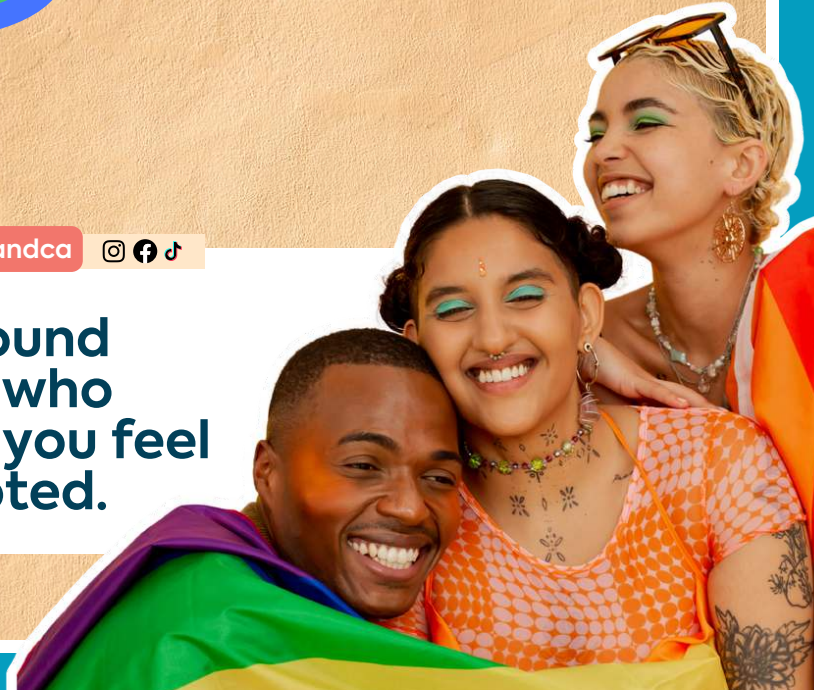
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**The sky is big
enough for all
your feelings.**



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**Emotions don't
make you weak—
they make you
human.**



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