

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



Be around those who make you feel accepted.



@mykickstandca   



Free virtual and in-person health and wellness services

for Albertans aged 11–25 and families/caregivers who support young people.

- Mental health counselling
- Substance use counselling
- Employment services
- Physical and sexual healthcare
- Peer support and more!



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Get the help you need from the comfort of your home.



Feeling off-balance? Find balance at Kickstand.



@mykickstandca



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The sky is big enough for all your feelings.



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Get the help you need, wherever you are.



**You are always
welcome here.**



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