

# FREE Youth Programs to Help You Navigate Life's Challenges

## Hey, youth of 360°kids Home Base!

We know that being a teenager can be stressful. Experiencing stress, depression, relationship struggles and more is not something to be ashamed of. Life can be tricky—our free Youth Programs are here to help you figure it out! Our walk-in clinic, individual counselling, groups and workshops are:

- ✓ Free, no cost to you
- ✓ Confidential
- ✓ Ages 12-25
- ✓ No doctor's referral or health card required

**MOBYSS** will be at 360°kids Home Base:

January 30, 2026

June 5, 2026

February 13, 2026

March 13, 2026

April 10, 2026

May 8, 2026

Reach out for support:

✉ [youth@cmha-yr.on.ca](mailto:youth@cmha-yr.on.ca)

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