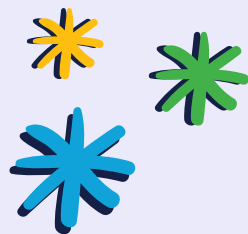


A SPACE DEDICATED TO YOUNG PEOPLE AND THEIR NEEDS...

Welcome to the  
**Youth Wellness Hub**

We are a welcoming and inclusive space for youth aged 12 -25 who are looking for support in mental health, substance use, physical and sexual health, education, employment, housing and other areas of wellbeing.

Balancing school, jobs, relationships and home can be challenging -- and finding the right services for help can be just as hard. Through a range of mental health and community services, we are able to give you the choices to create a pathway of support that aims to improve your health and wellbeing.



Follow us on Instagram  
@torontoeast\_youthhub to be updated on our monthly events!

## HAVE QUESTIONS?

T: 647-382-4153

E: TEYWHO@stridestoronto.ca

## HOURS OF OPERATION

Monday: 9AM - 5PM

Tuesday: 11AM - 7PM

Wednesday: 9AM - 5PM

Thursday: 11AM-7PM

Friday: 9AM - 5PM

## LOCATION

3079 Danforth Avenue, Suite 135,  
Toronto, ON  
M1L 1A8

OUR NEW ADDRESS!



Helping children, youth  
and families thrive

Network Lead

Toronto East  
**youth wellness hubs**  
ONTARIO



Toronto East

**youth wellness hub**

# Services



When you first get connected to the YWHO, we will help you identify which pathway through our services best fits your needs. Here's a glimpse of the services we offer:



## COUNSELLING

With a therapist, you can explore and gain insight into your emotions, thoughts and behaviors. Whether you want to talk about anxiety, depression, self-esteem, navigating through life, coping with trauma or managing stress, our therapists will listen and support you while offering strategies to enhance your wellbeing. Whether you want to be seen for one session or multiple sessions, you can work with your therapist to find a plan that works best for you.

## PEER SUPPORT

Peer support workers are here to provide you with less formal support - they provide guidance and a listening ear with the special ability to relate based on their shared life experiences. We also run peer support groups, where both our team and other peers can offer you encouragement, strategies and a friendly space where you can feel understood and connected.



## CARE NAVIGATION

Care navigators will work with you to identify and work on goals in areas such as health, mental health, employment, education, housing, financials, legal aid, support systems and more. They will also help you navigate social service and health care systems to find the best resources and opportunities for you.



## HARM REDUCTION COUNSELLING

If you need support related to reducing harm and improving well-being in relation to substance use, counsellors are available to provide you with the guidance and tools to do so. Their goal is to equip you with tips and resources to help you navigate through life while making safer and informed decisions.

## HEALTH SERVICES

Nurse Practitioners can provide you with short term clinical care including physical, mental, and sexual health. They are here to help you with needs such as managing medications, discussing birth control options, referring to specialists and more.



## AND MORE...

On our in-person days, you are also welcome to drop-in for a session or to look into resources. At YWHO, snacks and TTC tickets are also available to get you home and back here for your next appointment.