



Hey you!

NEED HELP?

**We've got
you covered!**

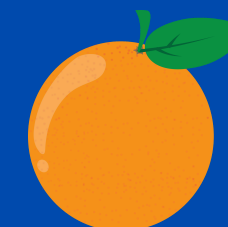
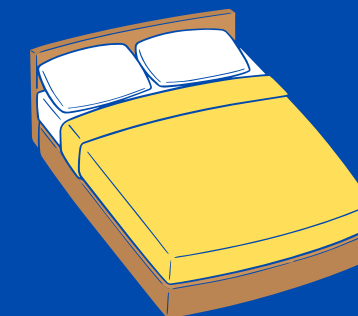
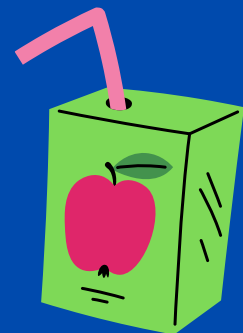
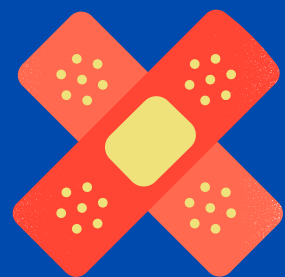


**YOUTH
WELLBEING
SUPPORTS**



Who are we?

We are Agenda Gap, **a group of Indigenous youth ages 12-14 from Abbotsford BC**. We want to *bring awareness* to our community about *food security*, *safe shelters*, and *basic needs* for youth. **We strive to achieve a community where youth have access to basic needs** in order to improve their mental health.



Why did we make this?

We made this because not enough people know about the supports available in Abbotsford!

There are loads of people, maybe even you or your best friends, just trying to survive and we think young people **have the right** to know what is available in their community to help them. Nobody should have to feel alone or deal with challenges without help. **It's okay to ask for help!**



How can YOU help?

Even if you don't need these resources you may be able to help out a friend or family member!

Other things you can do:

- Organize a clothing swap
- Donate your gently used clothes to Cyrus House or Mamela'awt Aboriginal Education Center
- Donate packaged food to a school or community pantry
- Hold a fundraiser event for your fave organization
- Volunteer

What Supports Apply to Me?



See the resources available by your **age group**!

Check out the **Abbotsford Child & Youth Committee** website for a whole range of supports including mental health, cultural and spiritual supports, basic needs, recreation and family supports by age group:

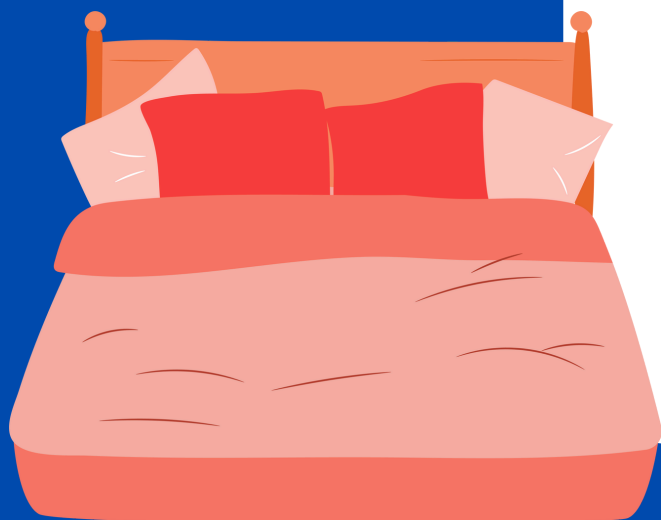
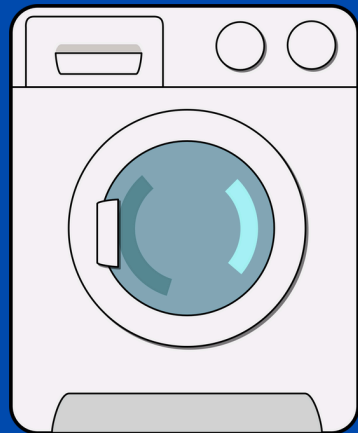


www.abbotsfordchildandyouth.ca

NEED A BED?

Don't know where you're sleeping tonight?

Check out **Cyrus Centre** for youth, aged 12 - 24, for emergency housing, extreme weather shelter, a place to shower, do some laundry or have a warm meal. The drop-in centre is open daily, 12:30-8pm, for meals and a safe space to be.



2616 Ware St, Abbotsford, BC



604-859-5773



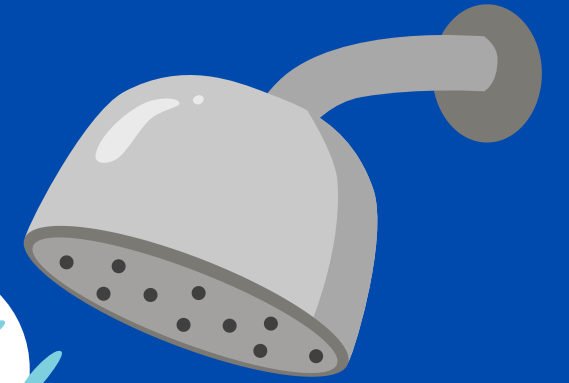
cyruscentre.com

CYRUS

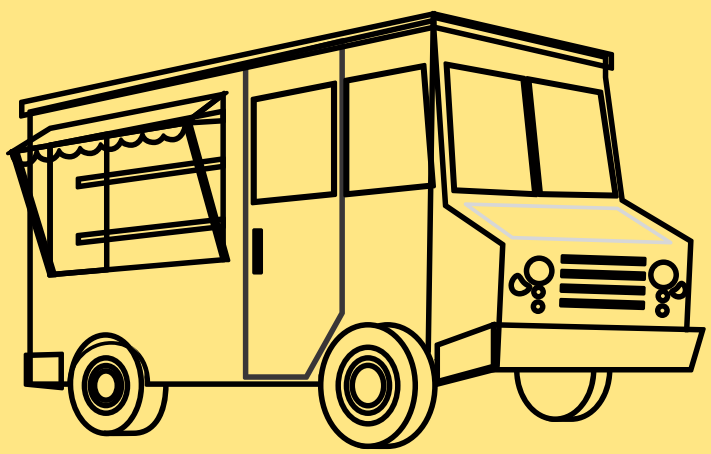


CENTRE

EST. 2004



Hungry?



The **Starfish Backpack Program** provides take home food on the weekends and summer, and your **School lunch Program** provides daily breakfast, lunch and snacks! To check them out talk to your Youth Care Worker at school.



If your family needs food, an adult in your family can head to **The Archway Food Bank** for no-cost groceries! Check out their website or the **Food Map** to see all the locations where you can pick up from the Food Bank.

Archway Food Bank:



 33914 Essendene Ave.
Abbotsford BC V2S 2H8

 604-859-5749

 abbotsfordfoodbank.com

For low-cost and no-cost food sources and ready made meals in your area, check out the Food Map!





WORRIED ABOUT YOUR PET?



Check out the **Paws for Hope Animal Foundation** and the **McVitite Veterinary Assistance Program** for money to take your pet to the vet and get them essential care!

You can also check out the **BCSPCA** for animal adoptions, the pet food bank, and educational material!

BCSPCA
SPEAKING FOR ANIMALS

VHS
VANCOUVER HUMANE SOCIETY
HELPING PEOPLE HELP ANIMALS



pawsforhope.org



vancouverhumanesociety.bc.casist/



spca.bc.ca



HOW YA DOIN'?

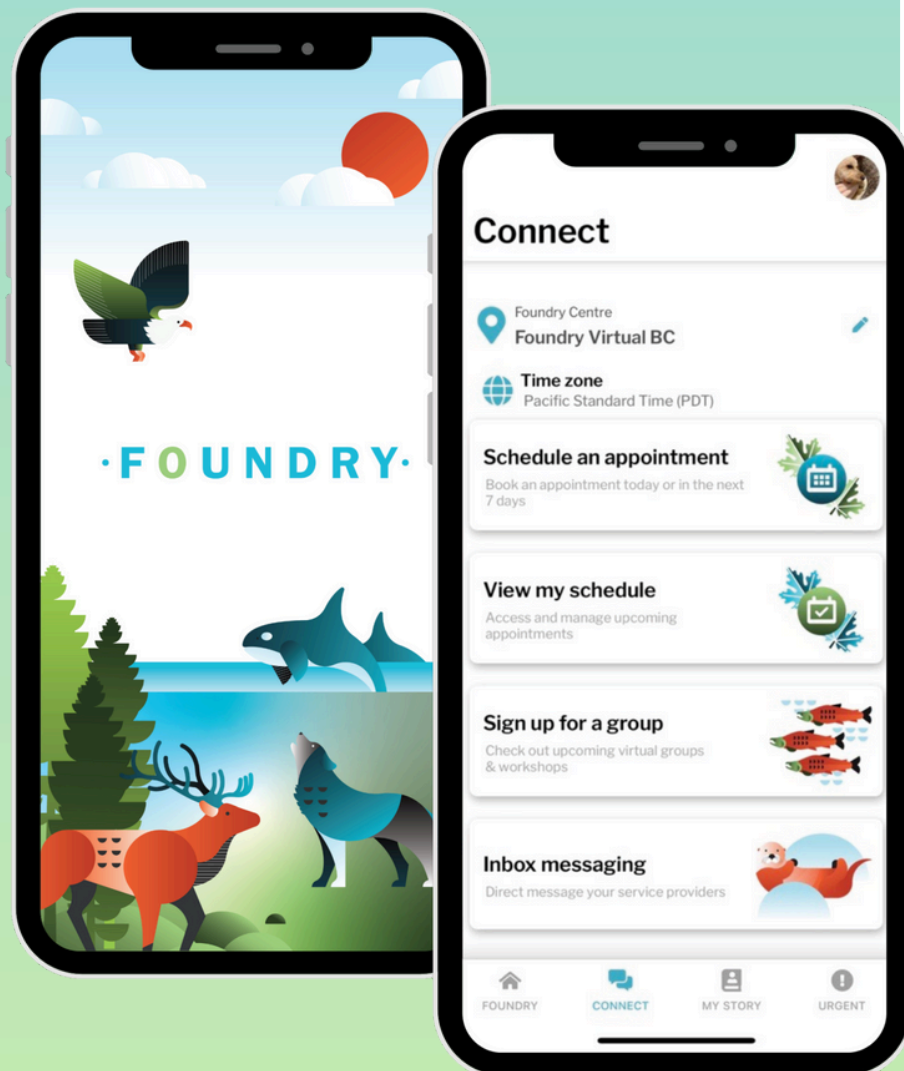
• FOUNDRY •
WHERE WELLNESS TAKES SHAPE

If you need help with your mental, emotional, physical and spiritual health and wellbeing, check out **Foundry Abbotsford**!

All of their services, available for youth ages 12 -24, are FREE and confidential (they won't tell anyone that you went to see them).

If you are 12+ you can go to their center or call them on your own. They also have an **app** or **online portal** where you can easily schedule appointments, sign up for groups & workshops, and access services. Their Instagram page has the most current info @foundry_abbotsford

Not sure what services you need? Book an appointment with a navigator who knows about the available services in Abbotsford.



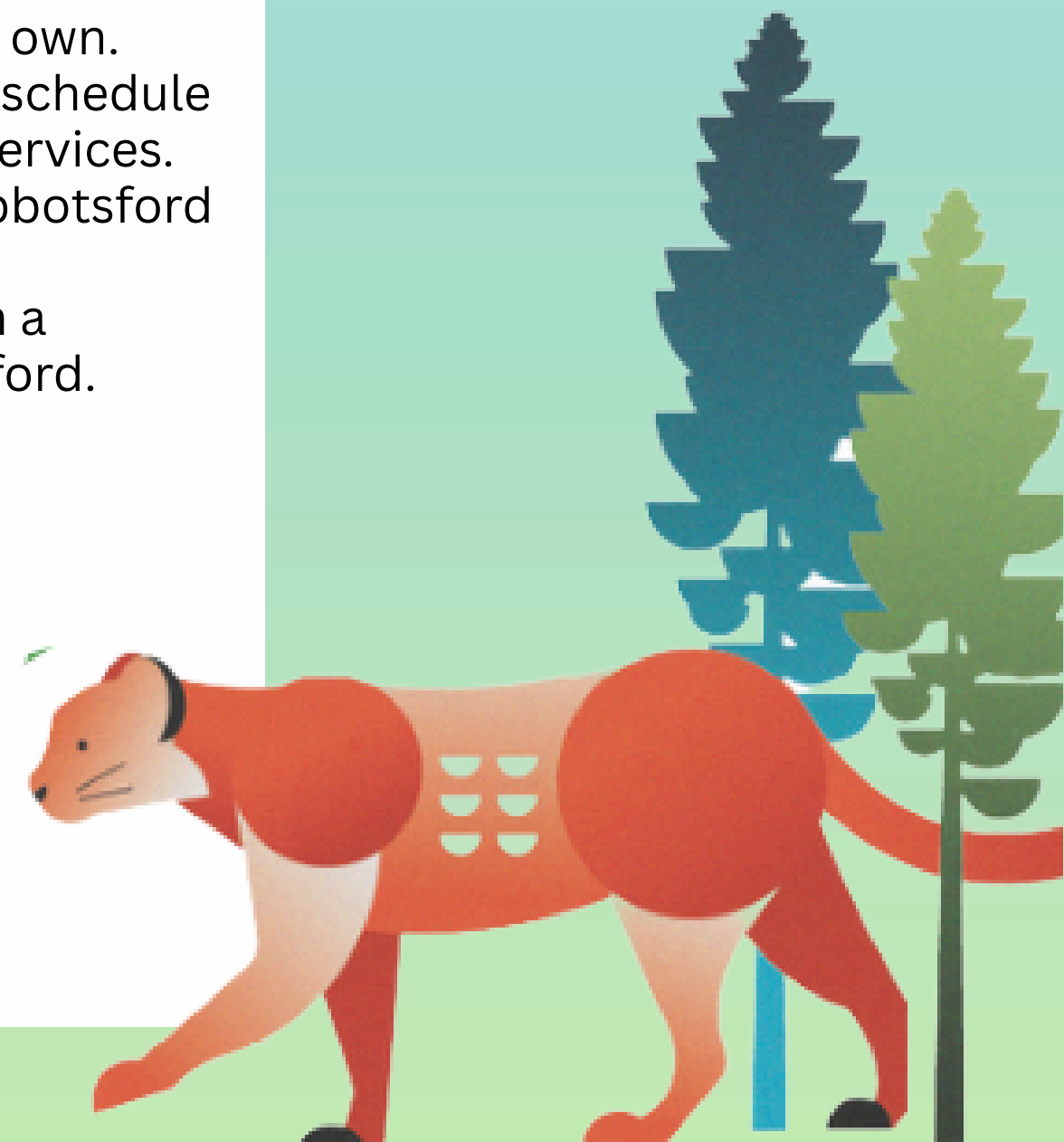
101 – 32555 Simon Avenue, Abbotsford,
BC, V2T 4Y2



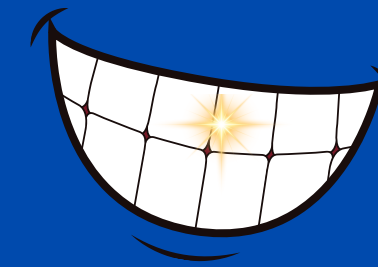
604-746-3392



foundrybc.ca/abbotsford



dental matters!



The **Archway Free Dental Clinic** offers free basic dental coverage! They have a long wait so make sure to call in advance at: **604-859-5749**. More info available at:



<https://abbotsfordfoodbank.com/dental>



<https://archway.ca/program/dental-clinic/>

You and your family can get dental care through the **Canadian Dental Care Plan** and **BC Dental Coverage**! Check out:



[hwww.canada.ca/en/services/benefits/dental/dental-care-plan.html](https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html)



www2.gov.bc.ca/gov/content/family-social/supports/income-assistance/onassistance/supplements/dental



You can also call or visit your local BC income assistance office to find out what dental coverage you and your family may be able to get!



1-866-866-0800



2684 Trinity St,
Abbotsford BC V2S 3S4





Brought to you by the Abbotsford
Agenda Gap Youth

Thank you to all our community allies!

