



Hey you!

**Need help?
We've got you
covered!**



YOUTH WELLBEING SUPPORTS



It's a lot to read, but it's important! 1

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!**

We think a healthy community is one where everyone has people in their lives that make them feel happy, helps them to grow and thrive, and that they can lean on for help in times of need. In a healthy community, every person should know about sources of help and be able to access them easily to get the care and support they need for their wellbeing.



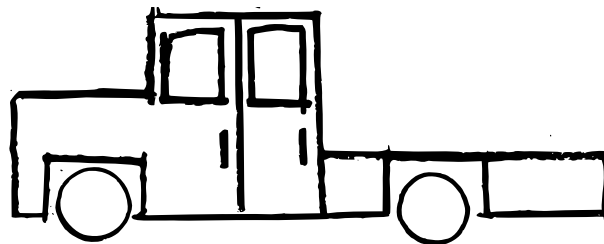
How can YOU help?

Even if you don't need these resources, now that you know about them, 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

Add your own idea: _____



What Supports Apply to Me?



ABBOTSFORD
Child & Youth
COMMITTEE

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 your 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



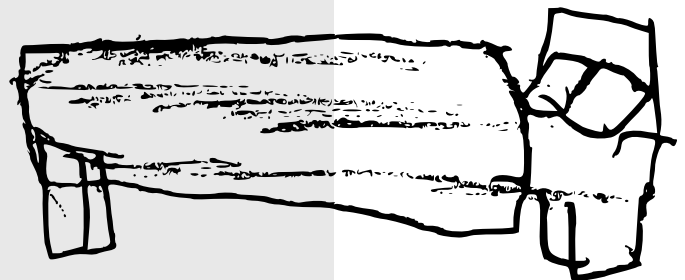
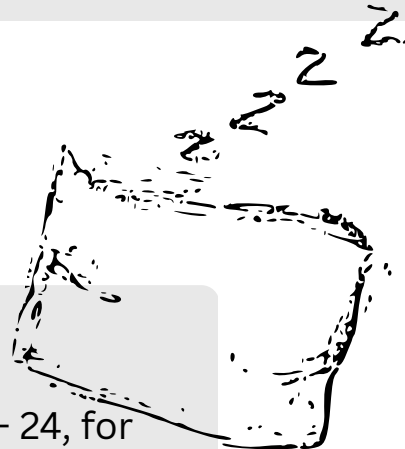
<https://cyruscentre.com>

CYRUS



CENTRE

EST. 2004



HOW YA DOIN'? • FOUNDRY •

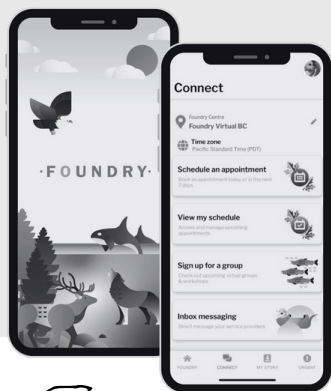
WHERE WELLNESS TAKES SHAPE

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.



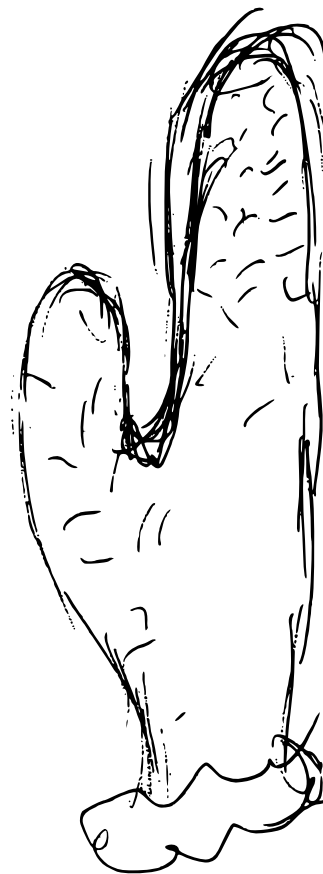
101 – 32555 Simon Avenue
Abbotsford, BC V2T 4Y2



604-746-3392



<https://foundrybc.ca/abbotsford>



Archway
Community Services

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:



<https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>



<https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/on-assistance/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!



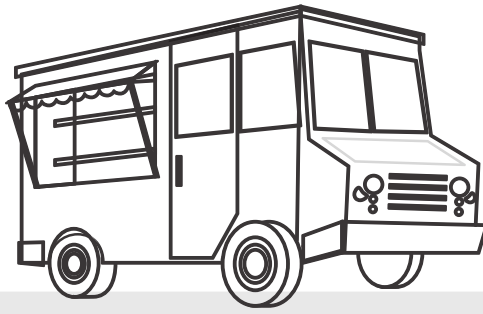
1-866-866-0800



2684 Trinity St,
Abbotsford BC V2S 3S4



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

 <https://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 **McVitte 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!



www.pawsforhope.org



vancouverhumanesociety.bc.casist/



spca.bc.ca



My list of resources:



friends



family

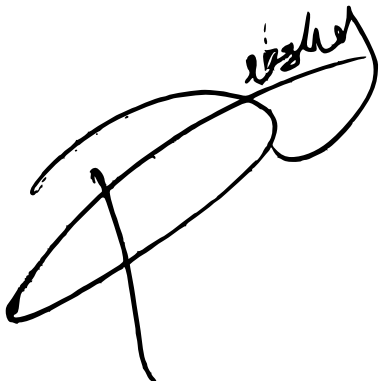


community

This zine was brought to you by...

Drayzin FW

Virginia



Alle

Lydia

Ikz. Ix

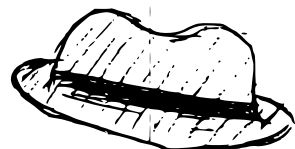
Adrian

JUNE
ZANDER

Amanda

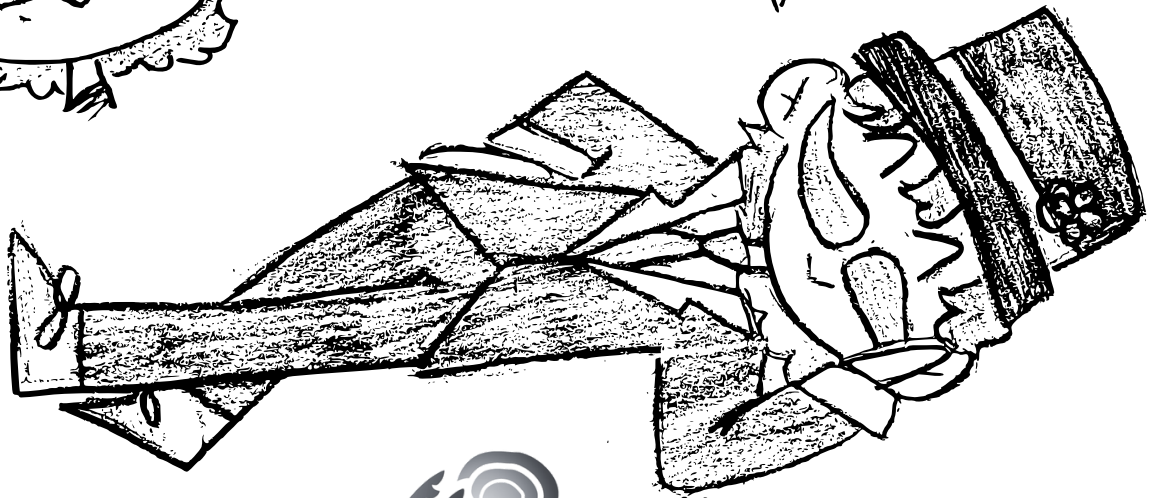


Shyanne
Geddes ♡
Karina
Graham-Altilia





Have a lovely day, darling!



June 2

Wellstream

The Canadian Centre for Innovation in Child & Youth Mental Health & Substance Use



Bienamont

Centre canadien pour l'innovation en matière de santé mentale et de consommation de substances chez les enfants et adolescents



Thank you for reading through this!



THE UNIVERSITY OF BRITISH COLUMBIA