

Who We Help...

- Youth between the ages of 12-29.
- Parents of youth & other family members who are concerned about their teen.
- Schools & Community Groups to support presentation & program delivery on a variety of topics.
- Anyone can contact a YOW to get more information.

How To Access...

- Youth can attend programs in their area. Call the YOW to get a schedule of programs or office times.
- Service providers can refer to a YOW with youth consent.
- Drop into their office location to talk more about programs or services.



Engage Youth, Change Lives



Bonne Bay & Area

Nicholas Whelan, YOW
Bonne Bay Health Centre
P.O. Box 70
Norris Point, NL A0K 3V0

Telephone: 458-2381 Ext. 271
Call for YOW schedule.



Mental Health Crisis Line
Kids Help Phone
NL Health Line

1-888-737-4668
1-800-668-6868
811

Having a difficult time?



Need to talk?

**Contact a
Youth Outreach
Worker
(YOW)**

Programs & Activities Available

- Girls Circle
- The Council (Boys)
- Helping Skills Training Program
- Strengthening Families for the Future (7-11)
- Strengthening Families for Parents & Youth (12-16)
- A.P.T. (Addictions Prevention Tools)
- Quit4Life
- G.I.R.L. Run Club
- Allied Youth
- Peer Mentoring Program
- Community Kitchens
- Healthy Lifestyle & Skill-Building workshops
- Recreational Opportunities
- Safer Grad Kits
- Mocktails & Smoothie Booths

"It's someone to talk to if you need help with problems." – Youth

"It's good to have someone to turn to; a lot of us put on a front." – Youth



Youth Can Contact A YOW For...

- Confidential support for youth ages 12 to 29.
- Someone to listen to your interests & concerns.
- Someone to offer recreational & social programs.
- Someone to help get the service you need & connect to other supports.
- Someone to talk to about:
 - Alcohol & Drugs
 - Anger Conflicts
 - Decision Making
 - Mental Health Issues
 - Relationships
 - Safer Sex
 - Self Esteem
 - Stress
 - & More!



Presentations Available

- Alcohol & Other Drugs
- Anger Management
- Body Image
- Bullying
- Conflict Resolution
- Coping with Stress
- Fetal Alcohol Spectrum Disorder
- Harm Reduction
- Healthy Decision Making
- Healthy Relationships
- Mental Health & Mental Illness
- Parent Education
- Relaxation
- Safer Sex
- Safer Tattooing
- Self-Esteem
- Social Skills
- Stigma
- Suicide Prevention



Mental Health Crisis Line 1-888-737-4668
 Kids Help Phone 1-800-668-6868
 NL Health Line 811