

## WHY WE'RE HERE:

- To provide health services in a youth-friendly, safe, confidential and non-judgmental environment
- To help youth connect with the support and help available in the community.
- To increase young people's knowledge about issues affecting their health
- To provide young people with tools to protect and maintain their health
- To help youth recognize high risk behaviours, and manage the risks associated with day-to-day living
- To empower youth to be active participants in their health care
- To support youth in assisting their peers to protect and maintain their health

FOR YOUTH AGE 12-24

COME ALONE, COME WITH FRIENDS  
PARENTS & GUARDIANS WELCOME

**TUESDAYS & THURSDAYS**

**4:00 TO 7:00 P.M.**

NO APPOINTMENT NECESSARY

ABBOTSFORD REGIONAL HOSPITAL



## A COLLABORATIVE SERVICE PROVIDED WITH THE PARTICIPATION OF:

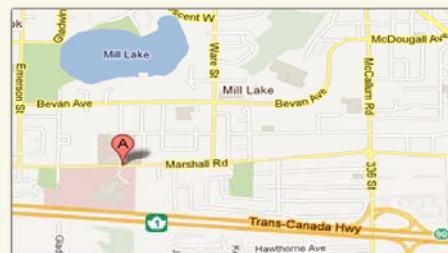
- Abbotsford Community Services
- Abbotsford Division of Family Practice
- Ministry of Children and Family Development
- Fraser Valley Aboriginal Children and Family Services Society – Xyolhemeylh
- IMPACT Youth Substance Use Services
- University of the Fraser Valley, ECE/CYC

Email | [info@ayhc.ca](mailto:info@ayhc.ca)

Phone | (604) 746 3392

Web | [www.ayhc.ca](http://www.ayhc.ca)

**Tues & Thurs | 4:00 TO 7:00 P.M.**



**32900 Marshall Road, Abbotsford**

**A Y H C**  
ABBOTSFORD YOUTH HEALTH CENTRE



**COMPREHENSIVE  
CONFIDENTIAL  
COMMUNITY CONNECTED**

**COMMON COLD TO MENTAL HEALTH**

**HELPING ABBOTSFORD'S YOUTH  
DEVELOP THE LIFELONG HABIT OF  
PROTECTING AND ENHANCING ALL  
ASPECTS OF THEIR HEALTH.**

**WWW.AYHC.CA**

FREE DROP-IN CLINIC

**TUESDAYS & THURSDAYS**

**4:00 TO 7:00 P.M.**

NO APPOINTMENT NECESSARY

OUR TEMPORARY LOCATION:

**ABBOTSFORD REGIONAL HOSPITAL**

**MAIN ENTRANCE (LOOK FOR OUR SIGN!)**



- General Health: acne, colds, coughs, muscle aches and pains, etc.
- Mental Health: depression, stress/anxiety
- Sexual Health
- Substance Use
- Information On:
  - Nutrition, exercise, body image
  - Communication & active listening
  - Bullying, cyber-safety, exploitation, discrimination

# ABBOTSFORD YOUTH HEALTH CENTRE

## IMPARTIALITY:

Everyone has to live in their own skin. So we're not here to tell you what to do. We can help you understand the choices available to you, and will do our best to make sure support is there for you no matter what your decision – and even if you change your mind!

## COMMUNITY SUPPORTS:

Whether you know it or not, the community is full of people who care. So, where appropriate, we want to help you identify community supports that might be able to help you.

We will do all we can to build, strengthen or restore supportive relationships – whether with your family, peers, spiritual/religious advisor, school staff, social worker, whoever!

## PEER INVOLVEMENT:

We understand that youth often turn to other youth with their questions, concerns and problems. So we want to help youth provide the best support possible to their peers - with information, positive communication skills, and knowledge of the many resources available in the community.

## SERVICE INTEGRATION:

When you open one door at the AYHC, it opens the doors to all the youth service providers in Abbotsford. We don't want to see you go on a wild goose chase to get the services you might need, and we'll do everything we can to help you make the right connections.