



Youth Outreach Workers

It's your life. You've got options. We can help.



Call or text:

SHAND	ALEX	MAYA	AMANDA	SHANNON
519.319.6006	519.317.5005	519.317.3003	519.709-3865	519.709-7649

yow@lihc.on.ca
519-660-0874 ex 500



London InterCommunity
Health Centre



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One-to-one support (youth & families)

School & Certifications
Basic needs (housing & food)
Addictions & Mental Health
Finding a Doctor or Nurse
Parenting support
Income Support (OW/ODSP)
Finding Jobs
Sexual Health
Volunteering
Sports/Group Activities
Legal Services
And More!

You don't need a referral.
Free, confidential support is
a call away. We can meet you
where you're at ... school,
park, home, office.... anywhere
you're comfortable.

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