



# Youth Outreach Workers

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



Call or text:

<b>SHAND</b>	<b>ALEX</b>	<b>MAYA</b>	<b>AMANDA</b>	<b>SHANNON</b>
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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