
HERE TO HELP LINE

 **905-503-9561**



Monday - Thursday
2:00 PM - 7:00 PM

**STARTING
IN APRIL**



*For children and youth (0-18 yrs)
and their parents, caregivers or
adult supporters.*

Call us if you have concerns that could benefit from quick access to phone counselling.

Topics include (but are not limited to):

- Anxiety, stress and depression
- Family relationship issues
- Managing stress and anxiety related to COVID-19
- Parenting resources and concerns

Visit www.yorkhills.ca for more information.