



# Need a Safe Place to Sleep Tonight? Do you want to avoid a shelter?

Talk to your Guidance Counsellor to see if the  
Nightstop Program is right for you.

## What is Nightstop?

Nightstop provides a bed for the night to youth between the ages of 16 – 26 who are in a housing crisis and have nowhere safe to sleep tonight. If you are eligible for the program, we match you with a host volunteer who has been extensively screened and trained. They have a spare bedroom, a warm heart and a listening ear. They provide you with meals, an opportunity to wash your clothing, you can have a shower and a safe place to sleep for the night.

As soon as you join the Nightstop Program, we wrap our services around you to either help to reintegrate you with your family or to assist you with longer term goals. *(Family mediation, counselling, employment and housing are among the services we can assist you with.)*



360°  
kids

Support. Inspire. Overcome.

**NIGHTSTOP**  
Preventing homelessness through community hosting

 **United Way**  
Toronto & York Region

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**Canada**

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