Youth Hub
Counselling

- **now accepting** counselling clients ages 12-29
- open to all Manitoba youth
- contact us to book an appointment -
  
  available over phone, Zoom, or in person*
  
  *spots are limited for in-person sessions

**Counselling is...** talking to a mental health professional about things going on in your life

**Topics you can talk about:** relationships (family, friends, dating), mental health, gender identity, health concerns and more!

**Counselling is also...** confidential. This means that nothing is shared with family/friends/etc. without your permission.

**The only exception is...** if there is a serious safety risk to yourself or to others.

📞 204-221-9800

✉️ youthhub@norwestcoop.ca