

THE BRIDGE

WELLNESS HUB FOR YOUTH

The Bridge Wellness Hub

Suite #2, 10307 100 Ave (Above Roland's Jewelry) Fort Saskatchewan, AB

Hours of Operation: Monday to Friday 6:30pm to 9:00pm

Key Messages for Stakeholders & Caregivers

- The Bridge is a youth-centered facility offering to help youth navigate the complicated world of health and social support services. Our programs will empower youth and young adults through easier access to social services, recreational, educational, and wellness supports.
- The Bridge offers wellness programs and services that are determined for youth by youth. The Bridge was developed by a coalition of community and health organizations working together to increase access to health and social services for youth under one roof in a youth-friendly environment.

Key Messages for Youth & Young Adults

- The Bridge is a safe and fun place to be around peers and to engage in activities and personalized learning.
- If you are looking for services and supports to help with school, work, with friends, relationships or family members, we are here to listen.

Programs & Services

- Programs for youth are facilitated by various community agencies.
- There are various drop-in programs for youth ages 11-16. Stay tuned for programming for youth 16 and up.
- Addiction and mental health supports will be available during some evenings.
- The Bridge can help with way finding to existing health and social support services in the community.
- Anyone between the ages of 11 and 24 and their families can access programming.

For information about programming:

Contact the Boys & Girls Club Youth Program Coordinator

780-992-0103 ext 36

ythprograms@fsbgc.ca

For information about navigation or mental health supports

Contact Alberta Heartland Primary Care Network

780-997-0046

info@ahpcn.com

