

Impact tomorrow, today



Youth Services Bureau of Ottawa

Who am I?

I was born here.
I am far from my home.

I'm at ease anywhere.
I feel safe nowhere.

My home is one room.
Or none at all.

I'm tough as nails.
I'm scared as hell.

I'm someone you know.
I'm someone in your community.

I'm someone who needs some understanding.

**My story is totally unique.
But there are thousands like it.**



Do you know me?

You may think you know me, but don't ever assume. This is me today, but I could be a whole new person tomorrow. My future – it's one thing I know I can choose.

"Sometimes we put up walls not to keep others out, but to see who cares enough to tear them down. Someone cared enough to tear my walls down. With patience and respect, my YSB worker started my long process of emotional healing."

Valarie, former client

"I could take my experiences and make them a positive learning experience to help others. From there I had many chances to learn and participate and to turn my years of street involvement into productive knowledge."

Kaylin, 22

"YSB's just a safe place to hang out... and not have so many worries!"

Stephanie, 17

"Sometimes life presents us with enormous and insurmountable challenges. The Youth Services Bureau of Ottawa makes it possible to tackle those challenges and get back the feeling that life is good."

Monique, former YSB client and social worker

Making a Change

We can help, if you:

- feel uncomfortable at school
- feel alone
- are angry all the time
- need someone to talk to
- need housing
- want to talk about addictions, your body, your health
- are looking for a job
- are looking for other youth you can relate to
- are a parent looking for support
- want to be accepted, not judged

Youth Engagement

YSB empowers youth by valuing what they have to say. We offer youth a chance to speak out about issues that are important to them and to educate the community about youth issues. We work as partners, sharing power instead of competing for it.

Community Services

- downtown drop-in
- emergency shelters
- youth health and addictions clinic
- transitional and long-term housing

Mental Health

- 24/7 crisis line for children, youth and families
- youth and family counselling
- school-based programs

Youth Employment

- summer jobs
- job search support
- job placements
- training

Youth Justice

- mental health court worker
- anger management
- community reintegration



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For 50 years, YSB has been empowering and serving youth in Ottawa. We offer an accessible and non-judgmental place for youth and families to get the support they need. YSB serves thousands of youth and families every month.

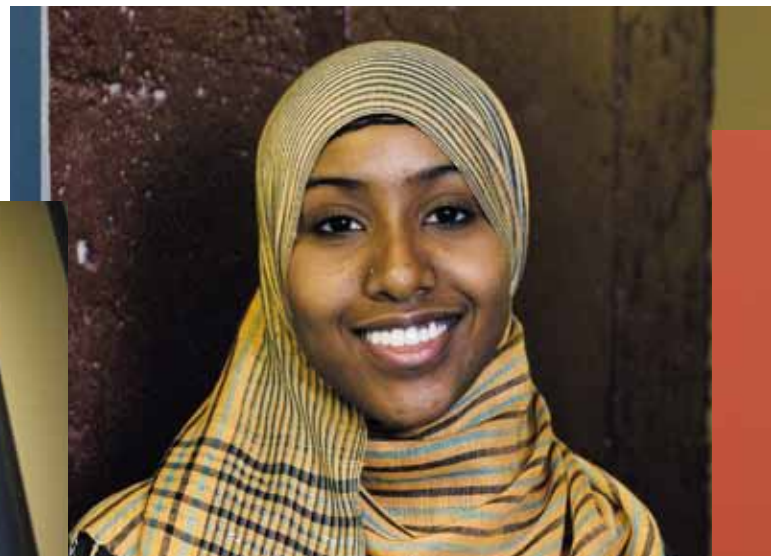
YSB understands that all young people are unique, and our dedicated counsellors and youth workers are here to help them discover their own way, one day at a time.

Our trained, professional staff do more than offer programs – we connect youth to options, opportunities and hope for the future.

We get results. YSB sets high standards for its programs, using proven models and measuring the results. YSB is accredited by Children's Mental Health Ontario.

You can make a difference, too.

YSB Charitable Foundation
Donate today. www.ysb-bsj.ca



35 Programs
20 Locations across Ottawa

Places you can call

24-hour crisis line (youth and families)
613-260-2360 (local)
1-877-377-7775 (toll-free)
crisis@ysb.on.ca

Mental health support
613-562-3004

Emergency shelter
613-789-8220 (women)
613-907-8975 (men)

Downtown drop-in 613-241-7788

Employment services 613-236-8244

All services 613-729-1000

Places you can go

147 Besserer St.: Food, showers, health, housing, people who listen

1355 Bank St.: Job search, placement and training

2675 Queensview Drive: Head office

Facebook: www.facebook.com



Our website: www.ysb-bsj.ca

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