

## **Youth Health Promotion and Youth Engagement**

Our youth engagement programs provide young people with the information, support and skills required for making healthy lifestyle choices. Through recreational activities, group discussions, informal counselling and educational workshops, our youth are able to contribute to their community while reaching their full potential. **\*\*Many programs are being offered virtually.\*\***

### **Youth Health Promotion Coordinator:**

(416)-847-4473

### **Tamil Youth Worker:**

(416)-433-7459

### **Website:**

[Health and Wellness – Children & Youth](#)