

What is my first step?

If you are still in care, your social worker will connect you with the Youth Service Navigator to help you figure out what you need and help you to get it. If you have left care, you can call the Youth Service Navigator directly. The YSN will help you figure out what you need, help you get it, and offer continued support as you become more independent.

Youth Service Navigator phone number:
204-982-6126 or toll free 1-855-277-0477

Canadian Mental Health Association,
Manitoba and Winnipeg

930 Portage Avenue

Winnipeg Manitoba R3G 0P8

All services are confidential and free

Hours: 9:00am – 4:30pm



Your feedback on
Facebook is encouraged!

COMMUNITY PARTNERS INVOLVED WITH BUILDING FUTURES



**Community Financial Counselling Services
Inc.**

www.debthelpmanitoba.com/



Big Brothers Big Sisters of Winnipeg

www.bigwinnipeg.com/



**Canadian Mental Health Association
Manitoba and Winnipeg**

winnipeg.cmha.ca



Youth Employment Services

www.youthemploymentservices.com/



RBC Foundation

**Building Futures thanks
RBC for their financial
contribution.**

BUILDING FUTURES

**GA Community
Initiative for Youth
16-25 in care and after
care**



www.generalauthority.ca

What is Building Futures all about?

- Connections to people and resources
- Counselling, training, mentors
- Guidance, support, new reasons to hope and to handle daily challenges
- Opportunities to achieve your goals and build the future you want
- Support for youth in and from care throughout Manitoba



Building Futures is here to help guide you with any worries you might have about money, relationships, or jobs.

Building Futures is about looking after your continued health and well-being so you have the best possible options open to you.

What's in it for me as a youth in care? (Ages 16-21)

- Money management and debt counselling
- Emotional supports - including counselling
- Job search and employability skills
- Mentors for youth
- Talk to your social worker for more information or call the Youth Service Navigator at 204-982-6126 or toll free, 1-855-277-0477 for more information on any of these services.



What's in it for me now that I have left care? (Ages 18 – 25)



- Money management and debt counselling
- Emotional supports - including counselling
- Job search and employability skills
- Talk to your social worker for more information or call the Youth Service Navigator at 204-982-6126 or toll free, 1-855-277-0477 for more information on any of these services.

