

anchor

youth space cumberland

A one-stop hub for youth and their families/ caregivers



Safe and Welcoming

- For youth ages 12-25 and their families/ caregivers
- Connect with peers and support



Services

- Walk-in support- no referral needed
- Counselling, peer support, outreach and structured programming for youth and caregivers
- Help with life skills, housing, mental health and addictions support and services & more



Programs

- Group programming (i.e. caregiver groups, life skills group, yoga classes, discussion sessions, cooking classes, art classes/ sessions, resume building and more).



Drop-in, and meet our enthusiastic team, eager to welcome you to anchor!



(902) 614-4706



hilary.rushton@cumberland.ymca.ca



13 West Pleasant Street, Amherst, Nova Scotia



www.ymcaofcumberland.com/anchor



Shine On

The building is accessible. For transportation support, please reach out for assistance.