



Do you find your friends coming to you asking for help?

Do you enjoy helping others?

Are you in Grade 9-11 and looking for meaningful volunteer hours?

If you are interested in participating in the UGH! (**U** Give **H**elp!) program, please see:

Cindy Vit in the Counselling Office or
Karen Janzen "The Drug Lady" room 167
or text her at **(604) 862-6547**



Courtesy of the Child and Youth Mental Health and Substance Use New Westminster Local Action Team Collaborative, a partnership funded by the Fraser Northwest Division of Family Practice (nonprofit), Doctors of BC, and BC Government.