



When I was 15, I lived out of my duffel bag. It was very heavy, it contained everything I had. I asked to stay at friends' houses or slept in the backs of office buildings. I found a housing program that also had support for mental health. It felt great to have my own bed and be able to eat breakfast. Now I volunteer helping other youth. **If you or someone you know needs support, call One Roof at 613-776-9996.**

- Brandon, homeless at age 15

For more information
www.unitedwaykfla.ca/youth

LET'S END
YOUTH
HOMELESSNESS



United Way
Kingston, Frontenac,
Lennox and Addington