



- ⇒ Using drugs?
- ⇒ Feel out of control?
- ⇒ Looking for info about substance use?
- ⇒ Feel overwhelmed?

- ⇒ Experimenting?
- ⇒ Just need to talk?
- ⇒ Feel judged by everyone?
- ⇒ Not sure where to go or what to do?

## Harm Reduction drop-in for counselling, supplies...and more

- Peer support
- Compassion and respect
- Confidential
- Safe space to talk openly about drug use without judgement

**WHERE:** East Metro Youth Services, 1200 Markham Road (at Ellesmere), Suite 200

**WHEN:** Every Tuesday, starting January 28, 2014  
⇒ Counselling: 2:00 pm – 8:00 pm (last appointment at 7:00 pm)  
⇒ Harm Reduction Supplies: 4:00 pm – 7:00 pm

**CONTACT:** Carly at (416) 438-3697, ext. 242

**You can call ahead or just drop-in. No appointments necessary!**

East Metro Youth Services  
[www.emys.on.ca](http://www.emys.on.ca)  
Registered charity #130563166RR0001

