

## NEWS RELEASE

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### Nanaimo Youth Resource Guide Released

The Nanaimo Youth Resource Guide has been updated and is available now as a digital file to all community members and organizations.

The Youth Resource Guide aims to centralize information on services available to young people in Nanaimo. Types of services included are: drop-in programs, recreational opportunities, employment services, support for drug and alcohol abuse, housing, mental health, and access to low cost/no cost food. It also includes links to public transit schedules and the City of Nanaimo's Parks and Trails guide. Over 50 organizations are represented in the guide, which is produced by the Youth Advocates Committee.

The digital-only format allows community organizations and young people to print the guide on an as-need basis. It's available through a number of organizations, and can be found on the City of Nanaimo's website. In addition, hard copies will be distributed to local high schools and youth agencies by the new year to post up on their bulletin boards and resource rooms.

Ashley Rowe, Recreation Coordinator believes this is a valuable resource for both young people and youth workers alike. Ashley would like to add that "Any organizations who would like to be included in future versions of the guide, or are interested in the Youth Advocates Committee are encouraged to email [youth@nanaimo.ca](mailto:youth@nanaimo.ca)."

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