



Vital Actions for Youth Vital Signs 2010

The Arts Scene

- Release your inner artist at an all ages space - comrad.ca

Youth Voice

- Be inspired by youth doing great things - youthareawesome.com

Youth Homelessness and Housing

- Make sandwiches for the homeless spreadthelove.ca

Education and Learning

- Volunteer with Read Buddies - calgarypubliclibrary.com

Safety

- Become a Student Ambassador - kidshelpphone.ca

Going Green:

- Help maintain a community garden - calhort.org

Recreation and Sports

- Attend a Youth Night at a Leisure Centre – Call 311

Employment and Training

- Enhance your resume - yec.nextsteps.ca

Youth Spaces

- Check out the New Black Centre – thenewblackcentre.com

Transportation

- Earn a bike through volunteering – twowheelview.org

Health & Well-Being

- Drop in the Alex Youth Health Centre – thealex.ca

Culture: Identity and Belonging

- Prevent racism and bullying - dontbuyin.ca