

# Ignite the Light

## Youth Coffee House

Help us shatter the  
stigma around mental health

Sat. March 28, 6-8pm

Queen Street Commons  
43 Queen St S, Kitchener ON

**Free Event**

Please RSVP if you would like to  
perform, to [youth@kitchener.ca](mailto:youth@kitchener.ca)



**Front Door**  
Access to Child and Youth  
Mental Health Services