

We respectfully acknowledge that we reside on Treaty Six Territory; traditional lands of many First Nations and Metis people and we are committed to learning the true history of Canada and the true meaning of reconciliation.

## WHO

Youth in care speaking out and making a difference.

## WHAT

A zine to amplify our voices & raise awareness.

### WHEN

We publish on or around the 15th of every month.

### WHERE

We are based in Edmonton, AB, but are for youth in care everywhere.

## WHY

Because we can. Our voices have been silenced for too long.



OUOTE: Jeff Woods

ARTWORK: Chasm Frazier

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#### Editor

Penny Frazier

#### Contributors A.B.

Chasm

Cheyanne

Christian

George

Jesse

Marcus

iHuman Youth

**OSYS** 

(Old Strathcona Youth Society)

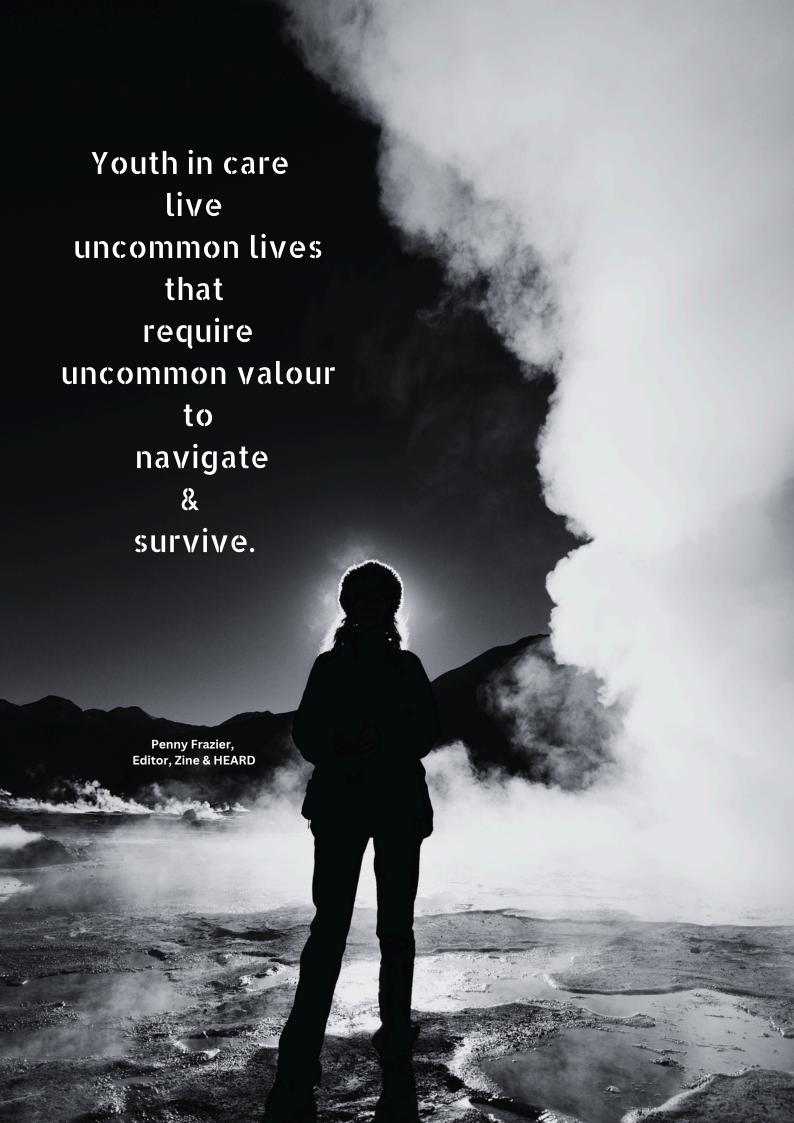


Pick up your free copy of Zine & HEARD at



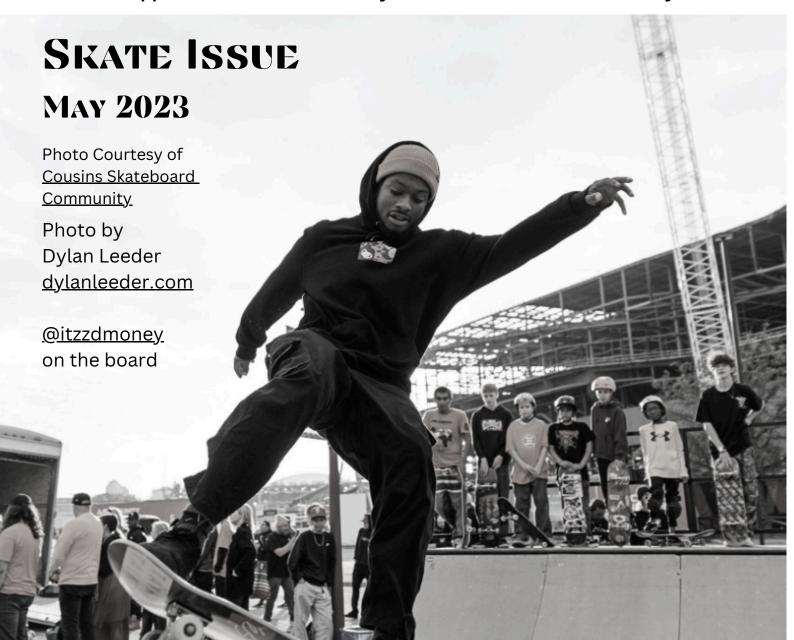
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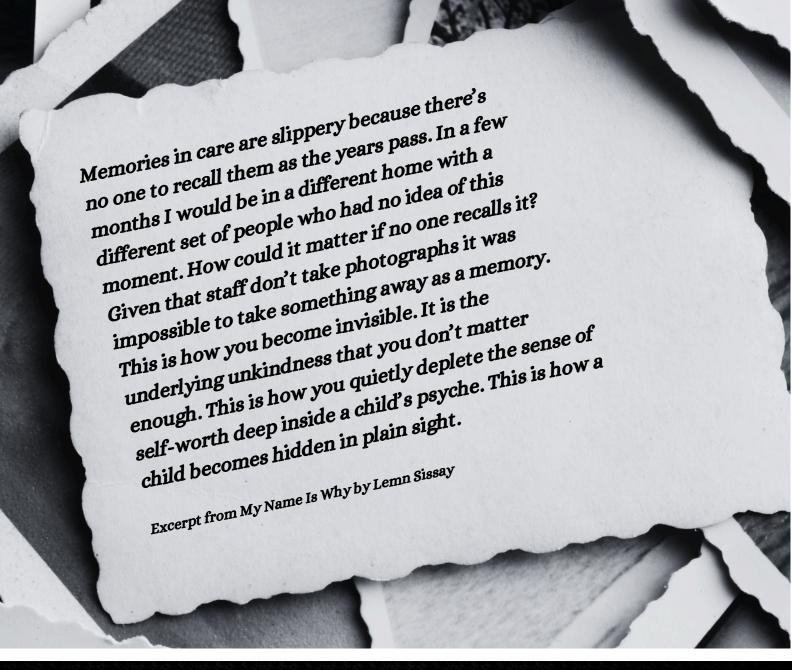
## RAISE THE AGE. LOWER THE STATS.





Many thanks to <u>Local 124 Skateboards & Longboards</u> for their continued support of Zine & HEARD. Stay tuned for our Skate Issue in May!

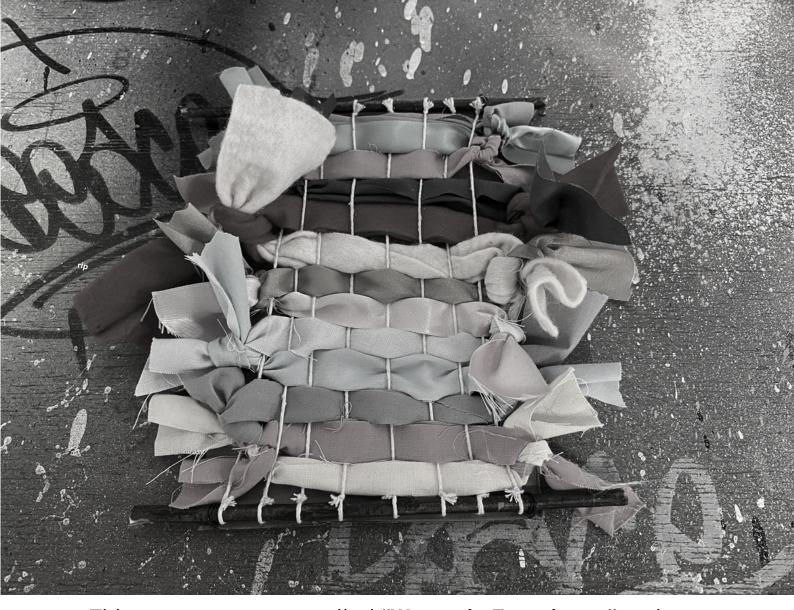




Are you a youth in care or former youth in care?
Do you have words, poetry, art, music or
something you would like to share?
All contributions pay \$10.



You retain the rights
to your work.
Please contact
editor@zineandheard.ca
Or message us
@zine\_and\_heard
on Instagram.
Thank you.



This engagement was called "Woven in Experience" and was collaborated with youth and staff at iHuman Youth Society. What you see is a simple cardboard loom but it is imbued with unique meaning. These technicolor looms were crafted with ribbons and felt and each color had a symbolic meaning to the artisans at iHuman who created them. Among them, the orange symbolizes the legacy of residential schools in Canada, the powder blue represents access to mental health resources, the deep red relates to trauma and abuse. Youth were invited to weave their own stories and then to share how these factors have impacted their lives and community. We display them at the LINKs clinic at iHuman to showcase the healing and intention of our youth. "Shared by Al, Mental Health & Wellness Coordinator at LiNKS"



LiNKS is iHuman's mental health program which offers a variety of services for young people. Both individual and group programs are available.



## **ON THE COVER**

I came into care later in my teens after a truly fcked-up childhood that I wouldn't wish on anyone. I left care when I was 21 which was the age of "aging out" back then. My time in the system was mixed but eventually I landed in a pretty great group home. Well, pretty weird, actually, as all the staff were cool and treated us like normal human beings. Normal human beings with extreme trauma. We were all so angry and self-loathing and messed up, the team leader there thought we'd make a great punk band (see me on front cover) so we started one with the help of some wicked Edmonton musicians who volunteered to teach us to play and it was kind of a miracle that they were successful. Ha ha. That experience made the difference for me. It was the coolest thing I had ever done in my life and I felt hope for the first time. Hard to explain but when I say music saves lives, I mean it. Listening to music saved me as a kid too - and I still listen to it all day long. I feel like a lot of artists understand my pain.

I like to draw. Usually I just draw with a pencil on whatever kind of paper I have available. Drawing gives me some peace of mind. It enables me to focus and quiet the thoughts that race through my head. I still struggle with some serious mental health issues that started when I was very young as a direct result of the abuse I suffered. Like I said, I lived a life no kid should ever have to but still I stand. "Still I Stand" is one of the first tattoos I ever got on my arm. I love tattoos and have many.

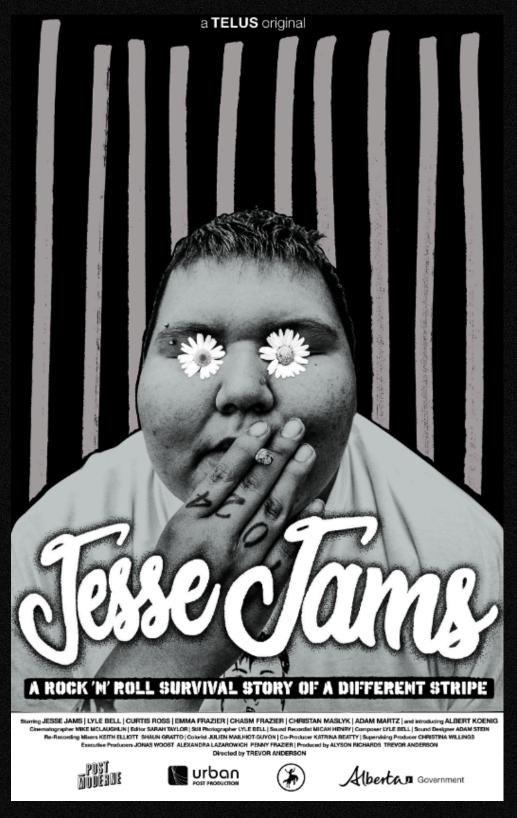
I love skateboarding and snowboarding. I worked at a skill hill for quite a few years. I loved teaching kids how to snowboard. I like giving back in any way I can. I guess that's why I agreed to be on the front over of the zine because I feel if I am still standing - you can be too. If I can inspire you even a little to not give up, I'm grateful. We matter. Don't let anyone make you feel like you don't.



# A.B. Contributor Zine & HEARD

Also a bit of a drummer, a bit of a guitar player, a bit of an artist, a bit of a snowboarder, a bit of a skater & a bit of a whole lot of other things. Currently packing a Tim Hortons Ice Coffee, a pencil & maybe an old ukulele. Maybe.





Best Short Documentary (nominated) - 2021 - Canadian Screen Awards

Best Canadian Short - Calgary Underground Film Festival - 2020

Lodestar Award – Dawson City International Short Film Festival – 2020 "The Lodestar Award is given to the best Canadian or International film which exemplifies the guiding principles of the art of independent short film/video making — freedom of expression, authenticity, exemplary artistry despite limitations, and clarity of vision."

Watch it on <u>Vimeo</u> (Staff Pick in 2020)
OR you can visit the following to watch the film & find further information
<u>trevorandersonfilms.com/shorts/jesse-jams</u>
<u>pennyfrazier.ca/documentary</u>

You just never know where Jesse Jams is going to show up. The front of a t-shirt, the front of a Norwegian film magazine, the front man of Jesse Jams & The Flams, **Edmonton's** one & only mumble punk band, **OR front &** center in his very own awardwinning documentary called **JESSE JAMS.** 

## Jesse Jams has even shown up in Brazil

AOutfest Fusion - 2020 - Los Angeles, California Maryland Film Festival - 2020 - Baltimore, Maryland Rooftop Film Festival – 2020 – New York, New York Frameline – 2020 – San Francisco, California Calgary Underground Film Festival - 2020 - Calgary, Alberta Mix Milano - 2020 - Milan, Italy Oslo Fusion - 2020 - Oslo, Norway Inside Out - 2020 - Toronto, Ontario Seattle Queer Film Festival - 2020 - Seattle, Washington Melbourne Queer Film Festival - 2020 - Melbourne, Australia Dawson City International Short Film Festival - 2020 - Dawson City, Yukon Sound Unseen - 2020 - Minneapolis, Minnesota & Austin, Texas Shorts That Are Not Pants - 2020 - Toronto, Ontario image+nation - 2020 - Montreal, Quebec Florida Film Festival - 2021 - Orlando, Florida Ganhara Independent Film Festival - 2021 - Gandhara, Pakistan Social Power and Mental Health Conference, University of Cambridge - 2021 - UK Mighty Niagara Film Festival - 2021 - St. Catharines, Ontario Fes! Film Festival - 2021 - Barcelona, Spain Queer Mais Trash - 2021 - Brussels, Belgium Dawson City International Short Film Festival - 2021 - Dawson City, Yukon Local Heroes Film Festival at K-Days - 2022 - Edmonton, Alberta Toronto Outdoor Picture Show - 2022 - Toronto, Ontario São Paolo International Short Film Festival - 2022 - São Paolo, Brazil Queer Mais Trash - 2022 - Brussels, Belgium

## 'Jesse Jams' Is a Life-Affirming Glimpse into the Life of an Edmonton Mumble Punk

**Directed by Trevor Anderson** 

The film is structured around Jesse Jams and the Flams as they ramp up to play Interstellar Rodeo, a festival in Edmonton. They had been booked the year before, but halfway through their set, a storm hit the stage and they had to pull the plug. In the days leading up to their second take at Interstellar, the documentary accompanies Jams on seemingly everyday tasks — trying out guitars at a music shop, shopping for shoes, and paying a visit to his grandfather. Jams's voiceover brings us through his life journey up to the point where we are seeing him, detailing his long list of psychological diagnoses and giving us just a glimpse into the multiple different places he found himself in after entering the foster care system. He had moved a staggering 18 times since his 18th birthday, as of the filming.

As an Indigenous and transgender person, Jams has struggled with navigating these multiple systems and the many definitions of Jams's identity that have come with them. After watching shots of Jams try out multiple different guitars cut together in quick succession while he names each of his diagnoses, seeing Jams interact with his band and playing his genre of "mumble punk" (with songs that are sometimes simply a description of what he did in a given day or week), Jams's connection to music becomes life-affirming. Through writing music and playing with his band, Jams is able to find self-expression for his world, working outside of the constraints assigned to him by doctors, social workers and society at large.

What I Love About Working With Youth In Care

It never ceases to amaze me how so many youth in care continue to be caring and conscientious individuals even after all they have been through.

Even though life has dealt them a bad hand, they remain good humans.

They will often be the first to reach out and offer kindness and compassion. They have such high levels of empathy.

R. Community Youth Worker

If you have words to share about why you love/loved working with youth in care, please email them to <a href="mailto:editor@zineandheard.ca">editor@zineandheard.ca</a> or message us on Instagram <a href="mailto:@zine\_and\_heard">@zine\_and\_heard</a>

We would love to hear from you.

Thank you.

From the summary report of
TEN YEARS OF INVESTIGATIONS
April 1, 2012 - March 31, 2022
from
The Office of the Child & Youth
Advocate of Alberta
Released March 3rd, 2023

634

notifications of serious injury & death

Reoccurring Themes
The over-involvement of systems in the lives of Indigenous young people

Suicide & mental health

Substance abuse

**Transition to Adulthood** 

Read the full report at <a href="https://www.ocya.ca">www.ocya.ca</a>

# OK, let me get this straight...

In 2021, the GOA (Government of Alberta) "saved" <u>\$14 million</u> by lowering the age of supports eligibility for youth in care transitioning to adulthood from 24 to 22 even though the staggering statistics around youth aging out of care were well known.

Then in 2022, they allocated \$48 million to support Youth In Transition Programming, including the Transition to Adulthood Program (T.A.P.) which they say supports youth aged 22 - 24 but in fact, gives them no financial supports. And, all financial supports for youth in care aged 18 to 22 are still contingent on whether a youth "qualifies" for T.A.P. Continued supports after the age of 18 are far from guaranteed.

"Officials say the aim is to make it easier for youth in government care and young adults who were previously in care transition successfully to adulthood." RDNEWSNow, April 18, 2022

Knowing that Transition to Adulthood is one of the top four reoccurring themes in the cause of serious injury and death of youth in care, you can see why I am having trouble here. And, why I keep saying: RAISE THE AGE. LOWER THE STATS.



## T.A.P. DANCING

The Transition to Adulthood Program (T.A.P.) really is a dance. If a youth doesn't fit in the line up or know all the steps, it's curtains.

## --- SELF-CARE BEARS ----



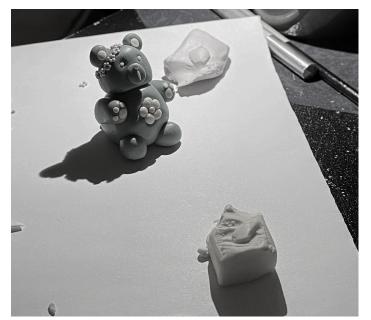
My name is Annysa (they/them) and I am the Substance Use Support Worker at iHuman Youth Society. I am a polymer clay artist and recently started making unique bear characters out of clay that I call Self-Care Bears. I decided to call them Self-Care Bears because they act as a form of self expression and are great grounding tools. Working with clay is a tactile experience that is very therapeutic as it allows me to ground myself in the moment with the clay, which is a great way to decompress from anxiety and stress.

Additionally, when the bears are complete and cast in UV resin, they are very durable and can be used as a sensory grounding "toy" that you can hold in your hand and rub the different textures and shapes.

I find them really helpful to have on me when I am sitting in long meetings and when I am in high-anxiety situations.



The Self-Care Bears also give space for me to express myself in a unique way as the bears can be whatever color, design, pattern, and size that I want it to be. I have incorporated using polymer clay in my practice as a Substance Use Support Worker by facilitating clay workshops with the youth at iHuman so that



they can also experience the therapeutic nature of creating art with clay.

We will be having a Self-Care Bears workshop at iHuman at the end of March and will be sharing our creations in the April issue of Zine & HEARD.

Arts & Music Saves Lives

# READY, SET, GO

In our last zine, I was wondering what was taking the Government of Ontario so long to deliver their new program to improve the outcomes of youth in their care and while there is still no clear answer as to why it took ten years - they have just announced that the new Ready, Set, Go Program is ready to go and raising the age of eligibility for supports to 23. Thanks in no small part to A STRONG GROUP OF FORMER YOUTH IN CARE & THEIR ALLIES WHO MADE A LOT OF NOISE AND JUST WOULD NOT GO AWAY. They just kept coming at the powers that be and **WOULD NOT BACK DOWN.** They WOULD NOT TAKE NO FOR AN ANSWER. These are people who FOUGHT THE GOOD FIGHT. And OK, sure, it isn't legislation like it should be, but it's something much better than before. (Read more at Government of Ontario -February 15, 2023)

I often think about how the Government of Alberta (GOA) was once a leader in Canada by making significant supports available to youth up to age 24. Alberta set a good example. Impressive, really. It showed that they got it and that they cared about outcomes for the youth in their care. It meant that they were going the extra mile. You know, like you would for your own kid who was taking a little longer to leave the nest. They also have a program called Advancing Futures which supports youth in care to get post secondary education. And, they kept the Office of the Child and Youth Advocate (OCYA) in place. Kudos to them for that.

Sadly in 2019, the GOA somehow decided to slam it into reverse. They got it in their mind that it would be a good idea to lower the age of supports eligibility for youth in care. A good idea to do a money grab from the pot that was helping the most vulnerable youth in the province - the youth in their care. And, it happened during the thick of the pandemic.

YEAH

So, as other provinces such as BC and Ontario move forward, we have gone backwards. However, I am somehow hopeful that the GOA will once again want to be known as the province that rises above for the youth in their care...that they will be the province that made a bad call in 2019 but made good in 2023 and raised the age ...that they will be known as the province that gets it... that they will be the province that knew they could do could do better and they did.

GO GOA. GO.

Penny Frazier, Editor, Zine & HEARD

# <u>Advancing Futures Bursary</u>

Offered by many institutions in Alberta, this bursary supports current and former youth in care to pursue upgrading, a trade, certificate, diploma, or degree. Funding helps youths cover education funds including tuition, fees, books, supplies, and technology funding.

#### Participating Community Colleges:

- Bow Valley College
- Grand Prairie Regional College
- Keyano College
- Lakeland College
- Lethbridge College
- Medicine Hat College
- NorQuest College
- Northern Lakes College
- Olds College
- Portage College
- Red Deer College

#### **Participating Universities:**

- McEwan University
- Mount Royal College
- University of Alberta: Augustana Faculty, Faculty St. Jean
- University of Calgary
- University of Lethbridge

#### Participating Arts and Culture Institutions:

• Alberta College of Arts and Design

#### Participating Polytechnic Institutions:

- Northern Alberta Institute of Technology (NAIT)
- Southern Alberta Institute of Technology (SAIT)

### Participating Independent Academic Institutions:

- Ambrose University College
- Canadian University College
- Concordia University College of Alberta
- St. Mary's University College
- Taylor College and Seminary
- The King's University College

#### **Participating Specialized High Schools:**

#### Edmonton

- Braemar
- Inner City
- Centre High
- Boyle Street Education Centre

#### Calgary

- Discovering Choices
- Louse Dean



Across Canada, more and more

institutions are seeing the need to

give youth in care equal

opportunity to pursue a post

secondary education. Alberta is

no exception. It is a matter of

ensuring that youth are informed

and fully supported in their

pursuit of higher learning

and a brighter future.

You have the right to an education.

#### **Others**

# Age is Just a Number (unless you grow up in care)

I'm proud of myself for waking up every day, going

out in the cold weather and working for minimum wage putting up signs. I got a good pay cheque last month and I'm pretty proud of that. I've been living on my own with no government support.

Statistically I should be homeless, but here I am.

Mentally I'm starting to feel better but it's strange nobody from child services has tried contacting me or anything like that. They were with me since I was like 10-12 years old and nobody has checked up on me but it makes sense. I was a number in a folder-not a human.

Christian, age 22



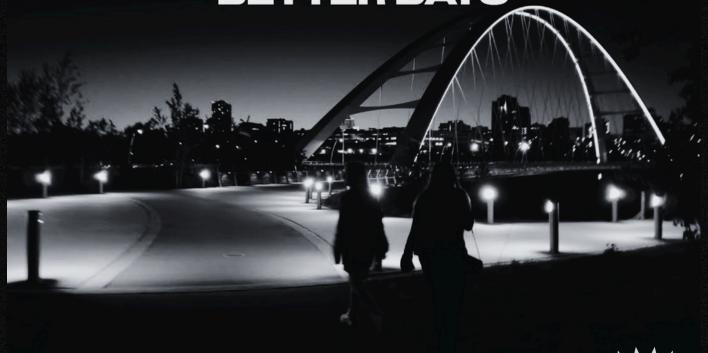
Support
youth spaces
in need.
Drop off some
good snacks.
Donate some cool
coats & clothes
& shoes
& backpacks.
Spread the love.

Photo courtesy of Old Strathcona Youth Society

<u>OSYS</u>

# SEPT//EMBERS

# BACK IN MAY WE HAD BETTER DAYS

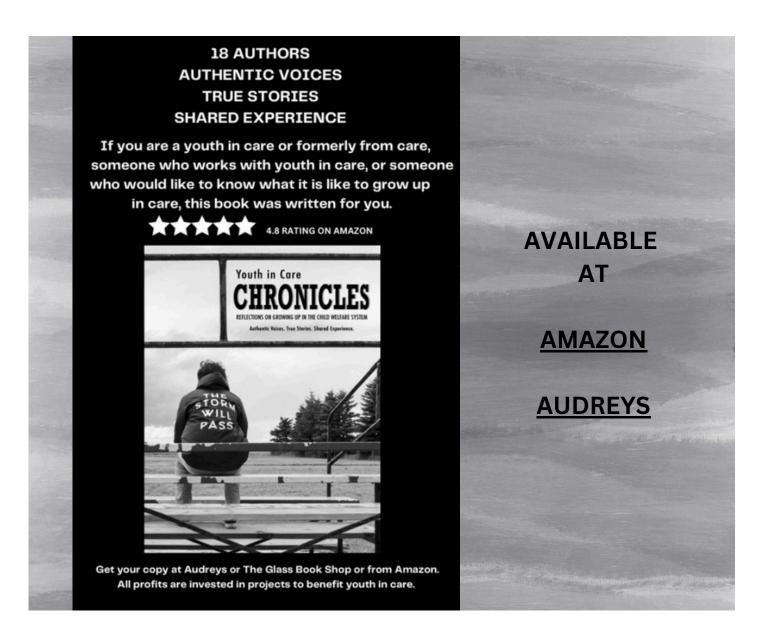




SINGLE RELEASE

Edmonton artist, Chasm Frazier, has a goal to help and inspire as many people as he can with his music. His first single, *April 27th*, is about being left for someone else which a lot of people can relate to. With the help of local musicians, Christan Maslyk, Emma Frazier and Lyle Bell of The Wet Secrets, he is acheiving his dream. Chasm is also a member of the Edmonton one & only mumble punk band, Jesse Jams & The Flams. His biggest influences for spoken word are Hotel Books, Levi the Poet and La Dispute.

His new single, Better Days, is about an old girlfriend with whom he had, well, better days. You know how that is. Chasm plans to work on more spoken word this summer when he isn't skateboarding, snapping pictures downtown, or grabbing a Large Red Eye Ice Cap. Follow him at <u>SEPT//EMBERS on Spotify</u>



An excellent resource for anyone working with youth in care and it is also a gripping read! Reviewed in Canada on November 19, 2020 Verified Purchase

An amazing book and a critical resource for anyone working with youth, especially youth in care or crisis. This book, is a powerful, important, and thought provoking read. It so poignantly presents the views and experiences of a variety of youth in care. They do not take a 'pity me' stance, they tell it like it is and also show us how resilient they are and how they have managed to become independent and contributing adults. The book does not stop there, it is interspersed with up to date research facts about the rather shocking statistics regarding our youth in care which adds another layer of depth to the collection. Then the book ends with an excellent learning guide. I have been a school administrator for 20 years and rarely come across a guide that is so well organized, clear, and truly helpful. This really is an important book and anyone working with youth in care or in crisis should purchase it. As well, it would make an amazing gift for anyone in care as it validates their feelings and experiences and certainly gives hope. One can see why post secondary institutions have already expressed interest in using it as part of their social work curriculum. In addition to be being an excellent resource, it is also a Review on Amazon by JMAS gripping read!

# <u>Ingrid Palmer</u>



Founder & CEO of Focus on Ability.
University Graduate. Mother. Author.
Award-winning Speaker. Advocate for Youth,
Disability, Social Justice & Housing.
Story Teller. Story Slammer.
Former Youth in Care.

Many thanks to Ingrid for sharing her story and her thoughts in Zine & HEARD. Ingrid was in care for several years. She is the CEO of Focus On Ability. She has two business diplomas, a degree in French studies from York and certificate from Harvard Business School in Power and Influence. As a partially sighted woman of colour, Ingrid works with organizations to build stronger and supportive communities. A former Crown Ward herself, Ingrid believes in the potential and value of every youth in care. She is the Board Chair of the Child Welfare Political Action committee and Vice Chair of the Council of Canadians with Disabilities. As an advocate she is committed to amplifying marginalized voices, and has championed causes in the child welfare, disabled, education, housing, and poverty sectors. She

is an award winning inspirational speaker and author, and is certified in group facilitation, diversity and inclusion, and mental health first aid.

## What do you love most about what you do?

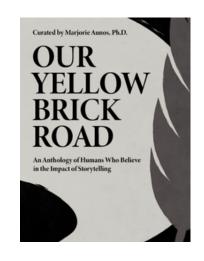
I love participating in the work to make a world where absolutely everyone feels a place of belonging and has the opportunity to reach their full potential. My work is to reach as far as I can to the margins and to create face and place for everyone including people with disabilities and our gender diverse and our racialized folks. Because even in the best inclusion and diversity work there are still people that are being left out; those that are not being heard. So reaching out as far as possible is important. In doing that, it's the most exciting and rewarding part - to be, you know, really disrupting that status quo. Doing it together in our own lives and our own spheres; to be participating in really transformational work. Something that's really going to have positive and lasting impact. Every single day that you interact with people and that you speak out and share your experience, it's having an impact.

# What do you want to tell youth in care and former youth in care who are finding their way?

I want to tell you that you're valued. It's perception that needs to be be fixed. The problem is with society. The problem is absolutely not with you. I really, really want to encourage you to take advantage of the tuition fee spots that are available at various post-secondary institutions across Canada and know that you can become whatever it is you want to be. For those of us from the Child Welfare system, really believe that education is the mechanism that levels the playing field. Education and job training makes it possible for you to create a better life than you know right now. Remember that there is no age restriction if you want to make change. It doesn't matter if it was five years ago or 20 years ago. The possibility to make your life what you want is still there. Keep believing in yourself. I also want to encourage you to get to know your foster care community because we get it, right? Find your tribe!

Ingrid's story appears in

Our Yellow Brick Road; An Anthology
of Human Who Believe in the Impact
of Storytelling curated by Marjorie
Aunos and available on Amazon.
She is currently writing her own book a fictional tale based on true events from her own life. The working title is Girl Child. Watch for it.



# Why is it important for us to share our stories?

Well, you know, I've always been a big believer in storytelling because for those of us who are able to do it. I recognized and understand that for a lot of people it's not comfortable for them. But, those are able and willing to honour and share our stories, that's the great connector. That's the great push back on injustice and prejudice. One thing that I really discovered being care and what I always tell people is that one of the pluses is that we don't leave anyone out. Knowing and understanding such a diverse group; people that I never would have met or have been friends with if I hadn't been in care. And that gave me such connection and so much knowledge about things. That we are so much more alike than we think though we are from different races, cultures, religions and interests. It really showed me that being able to share our stories about ourselves, our cultures, our food, our upbringing or backgrounds. Storytelling really gives people an insight into the lives and experience of others that differ from ours. We are able to find points of connection that we don't really find without sharing our experiences. I tell people that we share emotions because we all know emotions. We all know what it feels like to feel sadness, loneliness, to be left out. We understand and so these are the connectors within stories. It doesn't matter that my spirit is completely different from yours. I'm describing to you on an emotional level what I went through you and in your mind you automatically connect to me, unconsciously or consciously. Sharing our stories is the the great human connector and it has a lot of power.

> Ingrid holds the distinction of being the first former foster child to sit on the board of the girls group home where she once resided.

# If you could go back in time, what would you tell your younger self in care?

I was holding in so many emotions at such a young age. The first thing, I think of is that I wouldn't say anything to my younger self - I would just give her a big, long, warm hug because I sure needed that. I absolutely did not have a lot of positive, physical touch growing up. A beautiful, warm, supportive hug goes a long way for a child. I remember just having this yearning, an ongoing yearning for love and belonging and a place, a place to call home and to just belong and I would tell my younger self that she was going to have it all including unconditional love. I would say: You are going to have a home and you are going to achieve your dreams and reach your potential. I would tell her that she already has enough within herself and to stop looking for that validation outside. I remember always thinking that, you know, this journey is for someone to love me and not realizing that the person I was looking for was me all along. All the time when I



Ingrid Palmer at age 17

was looking for it from the outside, I was never getting true value. I was never getting authentic love and true love. I would tell my younger self that it has to come from the inside and when it does, it is so good.

Ingrid



## <u>Deaths of young adults hit an all-time high once</u> <u>they no longer qualify for government care</u>

by CHARLOTTE HOLMES, JASMINE KRAWCHUK and LILY DUPUIS Calgary Journal, June 8, 2021

"Let's be clear, the decision to cut the eligibility age from 24 to 22 was a financial decision. It would save the ministry \$14.5 million a year, and that's why they did it."

Rahki Pancholi, NDP Children's Services Critic

RAISE THE AGE. LOWER THE STATS.

# **GAME CHANGERS**

I spent my entire childhood and youth in 'The System', and have met hundreds of staff, shook hands with hundreds of staff, and have seen many staff come and go. But, out of those hundreds of staff – four made the biggest impact on me to help inspire me to do what I do today.

AJ: You brought your hip and fun 'Mo Money, Mo Problems' song with you wherever you went. I was already into music, but you showed me that you can use music to bring fun and light to a room that has too much darkness. Too many times, I have used this sort of 'fun' in the work that I do, to either try and lighten a mood, brighten someone's day, or just simply teach these new school kids that real music came from the early 90's.

**Pat**: I remember when I had just finished taking Child and Youth Care in school, and was gearing up for a move to Alberta for work. I had seen you in the pub when the family and I went out for our final 'hoorah' before leaving.

I know I told you at the time how much I appreciated the work you did with me; but I meant it. You brought an unmatched energy with you where you went of fun and excitement, and I have somehow managed to harness that energy and make it my own (I hope you don't mind).

Dave: Your calm and humbling nature has helped me in many situations. I used to walk into rooms filled with crisis with too much energy – and it just didn't work.

So I tapped into your calm and humble nature to change my practice. I learned that when you walk into a crisis situation cool, calm, and collected, and people can really feel it, that the heightened levels of emotions in the room will slowly start to fall.

Lee: You always took the time to sit with me and teach me some card tricks. The fact that you took the time, meant everything to me, and your teaching of card tricks taught me that things are not always as what they appear. I have used many 'tricks' in my practice in more ways than one and from time to time, have to pull some cards from my sleeve.

Thank you all for shaping me into the person I am today. I wouldn't change a thing and couldn't be more proud.

George

GAME CHANGERS is a regular feature in Zine & HEARD. We'd like to hear about who made a difference in your life. Could be a big or small difference. It all matters. Please contact <a href="mailto:editor@zineandheard.ca">editor@zineandheard.ca</a> or message us on Instagram <a href="mailto:@zineandheard.ca">@zine</a> and <a href="mailto:heard">heard</a>





## GOT SOME INK TO MAKE US THINK?

If you spent time in the child welfare system, send us a pic of your your tattoo and the story behind it for MY INK. Pays \$10. Please contact <a href="mailto:editor@zineandheard.ca">editor@zineandheard.ca</a> or message us on Instagram <a href="mailto:@zine and heard">@zine and heard</a>.



# Wings

They will keep you warm
They will keep you safe
They will hold you up
When you feel like falling

## Wings

Spread your wings into the wonderful world Embrace what they have to offer you

## Wings

They will be your shelter
They will be your greatest escape
Your wings will take you
to where you need to go and be

And when a feather falls Let it set you free



Cheyanne



## Many thanks to the Friends of Zine & HEARD

COLLEEN THOMPSON MARLEY-JAY SUMMERS
BUD FRASIER & THE ELECTRIC RAZORS
LYLE BELL TOMMY TWO DOGS JAN MASLYK
LOCAL 124 SKATEBOARDS & LONGBOARDS
CORINNE CROSSMAN ANONYMOUS X 4

## **WE NEED YOUR SUPPORT**

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Who knows?
You might even
get your picture
on your picture
on your picture
on your picture
on the front of a
cool band t-shirt.

JESSE JAMS Never give up.

## Hey.... it's OK to ask for help.

## YOUTH EMERGENCY SHELTER (Y.E.S.S.) 780-468-7070 24/7 24 HOURS ACCESS 24/7 - 24 HOUR

Crisis and Intake Services - 780-424-2424

**KIDS HELP PHONE - 24 HOUR** 

Call 1-800-668-6868 Facebook Messenger Text CONNECT to 686868

> NACIS CRISIS LINE - 24 HOUR 780-422-2001

NATIONAL SUICIDE PREVENTION SERVICES

1-888-456-4566 24 HOUR

<u>CMHA DISTRESS LINE - 24 HOUR</u>

780-482-4357 (HELP)

KICKSTAND CONNECT

mykickstand.ca/online-care#resources

## OFFICE OF THE YOUTH & CHILD ADVOCATE

If you have questions about your rights as a young person, need legal help, or need to speak out, we're here for you.

Talk to Us: Toll-free: (800) 661-3446

Monday - Friday 8:15 AM - 4:30 PM

NORTHERN ALBERTA Call: (780) 422-6056

**SOUTHERN ALBERTA Call: (403) 297-8435** 

### **ACCESS OPEN MINDS**

ACCESS Open Minds Edmonton is a walk-in service for individuals 16-25 years old. Young people and their families can walk-in during open clinic hours and will be seen on a first come first serve basis.

MONDAY - FRIDAY 12:00-5:00PM 780-887-9781
NEED TO CONNECT? DIAL 211 24 HOURS



Heroes are everywhere at iHuman Youth Society.





