

# VIRTUAL PEER SUPPORT FOR YOUTH 14-25 IN COLUMBIA COUNTY



**WE'VE  
BEEN  
THERE**

Youth Era's Peer Support staff have lived experience with things like anxiety, bullying, depression, foster care, and more. We know what it's like to feel "stuck" or hopeless. We've been there and we are here to support you.

We'll support you through everything you are going through—good or bad. Whether you are having anxiety with school, struggling with a relationship, or battling depression, we are here. We can help you reach your goals or just be the person who listens <3

**WE'LL  
SUPPORT  
YOU**

**SIGN  
UP**

Our peer support is 100% free for youth ages 14-25 in Columbia County. It's easy to sign up! You don't need a referral, you can sign up by visiting [Youthera.com/columbia-county](http://Youthera.com/columbia-county) or contacting Caitlan Wentz, Program Manager with the info below!



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