



Anam Rural Youth Association

Mobile, non-traditional, trauma-integrated mental health support for youth and young adults aged 13-25 across rural communities in Central Alberta. We work with those who are often system-disconnected or who have struggled to engage in traditional service settings - meeting them where they are, both geographically and developmentally.

louise@anamruralyouth.com

www.anamruralyouth.com

Anam provides one-on-one, mobile, trauma integrated mental health support grounded in an understanding of brain development, trauma, and lived experience. we support youth and young adult to:

- Understand the why behind behaviors, emotional responses, and on going struggles
- Explore the impact of trauma, stress, and disrupted attachment on development
- Build regulation, self-awareness, and capacity at a pace that feels safe and accessible
-

Our work is non-clinical and relational, serving as a point of connection and stabilization for those who are system disconnected, undeserved, or disengaged from traditional mental health services.

Anam operates in the space between crisis and care - supporting engagement, understanding, and continuity.