

# Well on Your Way

Helping Youth Transition to Adult Healthcare



## Medicine Hat Transition Resources

### Housing

- [McMan – Youth Transitions to Adulthood](#) 403-527-1588 (ext. 286)

### Medical

- [CBI Health \(Medicine Hat\)](#) 403-529-2200

### Mental Health

- [Children and Adolescent Mental Health Program \(CAMP\)](#) 403-529-3582

### Recreation & Fitness

- [Medicine Hat Adaptive Sport and Recreation](#)
- [Parks & Recreation](#) 403-529-8333
- [YMCA](#) 403-527-4426

### Sexual Health

- [AHS Sexual & Reproductive Health](#) 403-502-8200

### Transportation Resources

- [Medicine Hat Transit](#) 403-529-8214
- [Special Transit](#) 403-529-8214