

**LIFE CAN  
BE HARD.  
FINDING HELP  
CAN BE EASY.**

Call 211 to find support for all of life's challenges.



**HELP STARTS HERE  
Dial 2-1-1**



Free | Confidential | 24/7 | 150+ languages | [www.pe.211.ca](http://www.pe.211.ca)

**Dial 2-1-1**



Seeking safe shelter?



Struggling to afford  
the daily basics?



Need help  
paying bills?



Feeling  
isolated?



Looking for  
a warm meal?

**211**

®

**HELP STARTS HERE**