



## CHILD & YOUTH COUNSELLING PROGRAM

**“Your work with us was excellent. Thank you for your understanding and compassion.”**

*- Parent comment*

Child & Youth Counselling Program services are provided by counsellors with expertise in child and adolescent development, family dynamics, and a range of therapy strategies. Counsellors tailor their services to meet the needs and interest of children and adolescents.

Support is provided to children and youth as they build their relationship and communication skills as well as how to manage emotions during difficult family situations and/or at school.



## CHILD & YOUTH COUNSELLING PROGRAM

**The goal of the Child & Youth Counselling Program is to support and assist children and adolescents in the following ways:**

- Adjusting to changes in family life or structure
- Dealing with difficult emotions and situations at home and in school
- Reconciling relationships with parents and/or extended family
- Transitioning from home to independence
- Living in crisis situations
- Understanding healthy relationship dynamics and coping with issues including gender identification, sexual orientation, eating disorders and addictions



**Counselling & Community Services  
Services-conseils et communautaires**

Let's talk together • Parlons-en ensemble

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