



# Youth for Change Program

Focused on helping Black youths dealing with substance use and mental health challenges. The program is designed for youth ages 15-29 and their families.



## About The Program

The Youth for Change program offers counselling and support resources for youths dealing with substance use and mental health challenges. We assist youth and their families in overcoming the barriers and moving towards healing through access to culturally sensitive resources and discussions regarding substance use and mental health.

## Services

- One-on-one Mental Health counselling
- Skills building workshops for developing coping skills and making healthier decisions
- Counselling on Substance Use and Addiction
- Group facilitations learning about Harm Reduction
- Culturally specific resources for youth and families

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