



JohnHoward
SOCIETY OF YORK REGION

YOUTH COUNSELLING PROGRAM

CONTACT US

Tel 905-470-0003 x 209

athomson@johnhoward.yorkregion.on.ca

johnhoward.on.ca/yorkregion/

WHO IS THIS PROGRAM FOR?

York Region residents ages 11-29

TO BOOK AN APPOINTMENT

Contact our office for further details on counseling and to set up an intake appointment. Counselling is offered across York Region.

FOLLOW US



@JHSYORKREGION

Funded by
The Regional Municipality of York



ENGAGE
SUPPORT
CONNECT
STRENGTH
RESILIENCE

WHAT WE OFFER

Individual Support

The Youth Counselling Program provides individuals with free weekly one-on-one sessions to discuss situations affecting their lives.

Strengths Focused

The counselling approach is designed to build strengths, resilience and coping skills.

Goal Oriented

The counsellor will work collaboratively with the individual to enhance their understanding, overcome their challenges and meet their goals.



JHS
YORK REGION

**YOUTH
COUNSELLING
PROGRAM**

SUPPORT WITH

- Mental health
- Substance use
- Relationship Conflict
- Bullying
- Stress
- Criminal Justice Involvement