

About John Howard Society of York Region

In neighbourhoods and schools throughout the region, we offer programs that are proven to reduce crime and build protective factors in people's lives.

Our programs help people develop life, relationship and coping skills, and are offered to residents of all ages, regardless of whether or not they have been involved in the justice system.

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Funded by
the Regional
Municipality of York



Youth Counselling Program





WHO IS THE PROGRAM FOR?

- Ideal for youths ages 11 to 29
- Offered across York Region

ONE-ON-ONE SUPPORT FOR:

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

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.