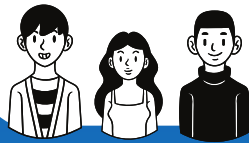


Compass Youth Program



Compass Youth is here to support youth of **all genders** aged **13-24** who are experiencing family changes and/or family breakdown.



Compass Youth Offers...



1:1 Counselling

- Judgement free space to talk about changing family dynamics
- Learn new ways to manage emotions

Personalized Case Management

- Goal setting
- Check-ins
- Connections to other resources

Group Workshops

Topics include:

- Family separation and/or divorce
- Family conflict
- Grief

Research shows that when there are big changes happening at home, you might notice things like:

- Feeling anxious, down, or overwhelmed
- Using alcohol and drugs to cope
- Feeling angry and finding yourself involved in conflicts
- Having a hard time at school or missing classes

You don't have to figure it all out alone.

Program Info

The program runs **in-person, virtually**, and in the **community**

CONTACT US



Referral Form
(Anyone can make a referral)



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