NICCCS

**Child Youth Mental Health**

Everything we do at CYMH, we believe in creating Safe Relationships, & Social Emotionally healthy people. We believe in challenging the status quo.

The way we challenge for change is by:

* Listening
* Being with & collaborative
* Strength based
* Flexibility
* Experiential and
* Solution Focused.

We provide Counseling services for our Community’s Well – Being which includes and not limited to:

1. Leadership skills for Children & Youth
2. Family counseling
3. Individual or group therapy for non offending parents/caregivers
4. Group therapy for children and youth
5. Problem solving and Decision making skills
6. Mental health promotion and education to the community in

general

1. Development of Service plans
2. Blended family concerns
3. Parent – child conflicts

10. Assistance with transitions to adult services for older

youth

11. Participation within schools that involve both individual and group intervention as requested & to raise the profile of the CYMH team

12. On going support and education to families

*Thank you*

*AJ*