

What Services Do We Offer ?

- Information
- Individual counselling
- Family counselling and support
- Workshops
- Support and therapeutic groups



We offer respectful, non-judgemental, strength-based, and confidential services.

The Youth and Family Substance Use Program is funded by the Vancouver Island Health Authority.

We recognize that youth and families may experience a variety of problems associated with alcohol and other drugs.

We take a flexible and individualized approach with youth to empower them to make decisions about their drug and alcohol use.

Substance use can be non-problematic for some and problematic for others. The substance used, the dose taken, the way in which it is taken, and the setting in which use occurs can influence the effect of the drug and may result in a harmful consequence to the person.

Are you worried about your substance use or someone else's? Do you want to understand more about it? Are you interested in exploring how to make changes in your life? Please call and ask to speak to a Youth and Family Substance Use Counsellor.

The Counsellor Can Help You . . .

- Develop alternate coping strategies.
- Explore options for substance use (reducing or abstaining).
- Meet physical health needs.
- Meet emotional health needs.
- Problem solve in a crisis.
- Connect with community resources.
- Improve relationships.
- Improve life skills.
- With a referral to detox and residential treatment services.

Confidential and Free Services

Personal information is kept confidential and will not be shared without the youth's written approval, except when we suspect or know of child neglect or harm to self or others, or are required by court.

Youth and Family Substance Use Program



Are you between the ages of 12-19 and worried about your alcohol or drug use or someone else's?



Call a Youth and Family Substance Use Counsellor at The John Howard Society of North Island:

250-286-0611

Mission Statement

The John Howard Society of North Island is a charitable organization whose mission is to promote and foster safer and healthier communities by providing appropriate programs of rehabilitation, education, prevention and healing for those who need an opportunity to achieve, maintain or regain a balance within their communities.

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Building Safer and Healthier Communities

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