

● ● ● Testimonials

Comments from Clients

*"I got strategies to cope with my depression."*

*"It was great having someone to talk to."*

*"It was very one-to-one which is nice and overall it improved my life."*

*"I could talk to her about anything."*

*"I liked her understanding in where/what I'm talking about. She would sum up past sessions for better understanding."*

**Need Help?**

Are you between the ages of 13-18 and worried about your alcohol or drug use or someone else's? Or are you dealing with anxiety or depression?



Call the Youth and Family Counsellor at **250-203-5863**. Ask about our drop-in hours!

**Our Mission**

The John Howard Society of North Island is a charitable organization whose mission is to provide programs and support to help children, youth, and families lead safer and healthier lives.

**Campbell River**

140 10th Avenue  
Campbell River, BC

Tel. 250-286-0611  
Fax 250-338-6568

**Gold River**

Children's Health Hub  
550 Trumpeter Drive  
Tel. 250-203-5863

The John Howard Society of North Island's programs are situated in the unceded territories of the Mowachaht / Muchalaht, Kwakwaka'wakw, Laich-kwil-tach, Nuu-chah-nulth, and Coast Salish peoples.

**Youth and Family  
Counselling -  
Gold River/Tahsis**





## Services We Offer . . .

- Counselling for youth
- Drop-in hours available
- Information about substance use
- Advice for parents/guardians
- Presentations and therapeutic groups

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



We offer free, respectful, non-judgmental, and strengths-based services. We keep personal information confidential—except when we become aware of potential harm to a youth or others, or when a disclosure is required by Court.



## Interested in exploring how to make changes in your life?

Please call and ask to speak to the Youth and Family Counsellor.

We provide counselling and referral services to youth struggling with mental health concerns and/or substance use.

The counsellor will create a supportive and trusting relationship to reduce risk, promote positive change, and support young people's stability and connection to family and community.

*The Youth and Family Counselling program is funded by the Ministry of Children and Family Development and by Island Health as part of their alcohol and drug counselling network. There is no cost to clients.*



### Vancouver Island Health Authority Youth and Family Substance Use

- Withdrawal Management Services
- Supported Residential Beds and Associated Services
- Community Based Counselling



## The Counsellor Can Help You . . .

- Develop strategies to deal with anxiety
- 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

## Feedback

- We value your comments! Please tell your counsellor what you find helpful about the program and if there are any changes you think we should make.
- Your participation is completely voluntary and your responses will be kept anonymous and confidential.

## Program Outcomes

From 2014-2022:

- Over 185 youth and family members received services.
- 94% of youth surveyed said they liked the program well enough to refer a friend or family member.