

## WHO ARE WE?

Child & Youth Wellness Centre of Leeds & Grenville (CYWC) is the accredited children's mental health agency in Leeds & Grenville. We are solely committed to building mentally healthy children, youth and families through the delivery of proven, innovative programs and services.

We know treatment works! Over 1000 children and youth and their families are served each year.

Our services are free, confidential and accessible.



**WALK IN CLINIC - Brockville Office** is a time to drop in for general information/resources, advice and guidance. Open to the general public on Wednesday evenings.

**TO LEARN MORE ABOUT HOW WE CAN HELP, REACH US AT:**

- BROCKVILLE 613.498.4844
- ELGIN 613.359.6588
- KEMPTVILLE 613.258.1959
- GANANOQUE 613.382.5047
- PRESCOTT 613.925.1615

**reachus @cywc.net**  
**www.cywc.net**

## OUR CLIENTS

Who calls us? Parents and kids call us when they feel or experience...



## YOUR FIRST STEP...

Talk to us. Services are offered over the telephone or in person. Contact us with general inquiries, requests for resources, or an initial assessment for counselling services.

Monday to Friday 8:30 a.m. - 4:30 p.m.

### WALK IN ON WEDNESDAYS

until 7:30 p.m. during the Winter, Spring and Fall.

## WHO CALLS US?

Children, youth, caregivers and members of the community can speak with us directly by calling your closest local office or toll free at 1.800.809.2492



## FREE CONFIDENTIAL COUNSELLING



**CARING. HEALING. HELPING.**

**BUILDING MENTALLY HEALTHY CHILDREN, YOUTH & FAMILIES**

**1-800-809-2494**

**WWW.CYWC.NET**

Child & Youth Wellness Centre of Leeds & Grenville offers expertise in a variety of programs and services designed to address a range of issues faced by children, youth and caregivers. Services range from prevention programs through to treatment for anxiety, anger, aggression, and suicide.

We work in partnership with other community agencies to ensure the highest quality of client care.

## LOCATIONS

**Brockville Office 613.498.4844**  
779 Chelsea Street, Suite BU  
Brockville, ON K6V 6J8

**Elgin Office 613.359.6588**  
Guthrie House, 10 Perth Street  
Elgin, ON K0G 1E0

**Gananoque Office 613.382.5047**  
Sampson House, 215 Stone Street  
Gananoque, ON K7G 2T8

**Kemptville Office 613.258.1959**  
3-5 Clothier St. East, 2nd floor  
Kemptville, ON K0G 1J0

**Prescott Office 613.925.1615**  
193 Water Street, Unit 401  
Prescott, ON K0E 1T0

Our priority is to keep children, youth and families together. We help children and youth overcome their difficulties while assisting parents to strengthen their families.

## PROGRAMS & SERVICES

**Intake Services & Crisis Intervention** will usually be your first contact. We offer a crisis response and general information resource service. Intake staff will complete a telephone assessment in order to determine which of our programs will best meet your needs.

**Counselling Services** are offered in two main ways through Community Therapy and Community Prompt Response.

**-Community Therapy** services are provided to children/youth (birth – 18yrs.old) and their families through a variety of treatment modalities to address a range of concerns. Typically services are 4 - 6 months in duration.

**-Community Prompt Response (CPR)** services are offered to families quickly (10 - 20 days from referral) and focus on helping families to find solutions to current problems. CPR services are brief (1 - 6 sessions).

Among the services available at CYWC, we offer a range of psycho-educational groups, intensive services and specialized programs.

### PSYCHO-EDUCATIONAL GROUPS

**ANGER SOLUTIONS™** is a cognitive-behavioural program, delivered in groups (or individual format) for youth aged 9 and older struggling with anger control.

**FRIENDS for Life** is an early intervention and treatment program for children and adolescents that builds resilience and reduces the risk of anxiety disorders in kids.

**GO GODDESS** is a group to support and empower young women by encouraging self expression, self acceptance and identifying and developing strengths.

**Triple P: Positive Parenting Program** helps every parent to create a harmonious family environment; teach their children the skills they need to get along with others; encourage behaviour that they like; develop realistic expectations of their children and themselves; and, take care of themselves as parents.

**ADHD Groups** for parents to assist families by providing support and training in effective ways to cope with behavioural issues related to Attention Deficit Hyperactivity Disorder.

**Aspergers Parent Education Support Group** for parents with children or youth with features of Aspergers Syndrome, especially social awkwardness, to assist families with school related transitions and peer support.

### INTENSIVE SERVICES

The Intensive Services program promotes strength-based positive change by focusing on family interactions, positive parenting and increasing pro-social activities.

**Early Years** helps parents in their home setting with children ages birth to six years old to ensure that concerns about the emotional and developmental matters are addressed.

**Middle Years** helps parents and children ages six through twelve in their home setting struggling with issues or concerns about the emotional and developmental health of their child.

**Multisystemic Therapy (MST)** helps parents with high risk youth ages 12-17 who are in conflict with the law, exhibit antisocial behaviour at home and school, truant, abuse substances, and/or at a high risk of removal from the home and/or school. Work is intensive and family and community based.

### SPECIALIZED SERVICES

- PSYCHOLOGY
- PSYCHIATRY
- PAEDIATRICS
- PARENT ASSISTED TREATMENT HOME (PATH)
- INTERGENERATIONAL TRAUMA TREATMENT MODEL (ITTM)
- EYE MOVEMENT DESENSITIZATION REPROGRAMMING (EMDR)
- MAKING PLAY POSSIBLE