

YOUTH COUNSELLING & FAMILY SUPPORT



The Raven Program

Virtually all people in our society are exposed to substance use in some way. For our clients who are experiencing problems at home, work, or school and are using substances, **we offer a creative and respectful environment for group and one-to-one counselling.** Raven serves young people ages 12–19 primarily and can extend services to young people up to age 25. We believe in the value of connection and wish to support every young person in shaping their own lived experience.

We look at all aspects of a person's life and work cooperatively to set and achieve goals leading **to a healthier and safer lifestyle.** We believe in the resiliency of our clients and work to bring out their strengths and ability to create change.

Day One Society would like to thank the following funders/supporters of this program:



“I’m so thankful for this group. I learned so much about myself. The Raven counsellors are so inspiring. I’m beyond grateful for meeting both of you and being able to be part of this group. I wish it didn’t have to end!”

(Anonymous)

The Raven Program:

This program works with youth up to the age of 25, their families, and community to bring about healthy lifestyle changes. Our focus is to provide counselling, education, and support to reduce harm related to substance use. Youth who are impacted by someone else's substance use can also access this program.

Raven Program Provides

- On-site counselling in school or community office spaces, or within other agreed upon safe public places within the community
- Parental support through information, education, consultation, and referral
- Counselling for youth living with substance use in their families
- Community focused prevention and information sessions
- Referrals to community-based services, withdrawal management services (youth and adult detox) and treatment



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