

YOUTH COUNSELLING & FAMILY SUPPORT



We have two programs dedicated to alcohol and drug counselling for youth and support to their families.

Adolescent Outreach Program & 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.** Both programs serve 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)

Adolescent Outreach Program:

This program provides support and therapeutic counselling to youth up to the age of 25 with substance use issues in schools and in the communities of Merritt, Kamloops, Chase and Barriere, British Columbia. A Day One Society counsellor works collaboratively with other community services, school districts, and the Ministry for Children and Family Development to ensure wrap around care and services for youth at risk. Youth who are impacted by someone else's substance use can also access this program. Outreach services are provided in community to youth and families who otherwise cannot access our services.

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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