

Community Counselling Resources for Children, Youth, and Their Parents



Counselling Supports

Youth Counselling

Mental Health Counsellors work alongside your Primary Care Provider to support a wide range of mental health needs. Counselling is designed to help individuals make healthy changes to the way they think, feel and act on a regular basis. Mental Health Counsellors work directly with youth to provide short term counselling support through provision of tools and strategies to support mental health, healthy coping, and resiliency.

- ☐ **What to Expect: Introduction to Youth Mental Health Counselling Supports**



Child and Caregiver Counselling

Mental health counsellors work alongside your Primary Care Provider to support a wide range of mental health needs. Counselling is designed to help individuals make healthy changes to the way they think, feel and act on a regular basis. Mental Health Counsellors work directly with caregivers to offer short term counselling support through provision of tools and strategies designed to promote a child's mental health, healthy coping, and resiliency.

- ☐ **What to Expect: Child and Caregiver Mental Health Counselling Supports**



Group Supports

- ☐ **Youth CBT for Depression and Anxiety, Ages 14-18.**

Mild to moderate depression and anxiety. Identify and challenge anxious and depressed thoughts, and develop healthy coping skills to manage low moods and anxiety.

- ☐ **Social Anxiety for Youth, Age 14-18.**

Mild to moderate social anxiety.

Identify and challenge thoughts related to social anxiety, and develop skills to manage social anxiety.

- ☐ **Caregiver Group: Emotion Focused Strategies for Supporting your Child or Youth**

Caregivers will learn to respond to their child's distress and support emotion regulation. Caregivers with a child of any age and developmental stage will learn about skills to help with emotional challenges, support healthy behaviours and repair relationships.

Open to patients of the Hamilton Family Health Team, or if you are a caregiver of a child in the Hamilton Wentworth District School Board or Hamilton Wentworth Catholic School Board. For more information, or to sign up, call the Groups Line at 905-667-4852.

- ☐ **Project Youth AFFIRM, Ages 14-18**

This group is open to anyone who identifies as lesbian, gay, bisexual, pansexual Two Spirit, trans, non-binary, queer and/or questioning their sexual orientation or gender. In this group, you will learn how to affirm your sense of self, cope with life's stressors, increase positive thoughts and feelings, increase feelings of hope for the future, learn where to go for support, , and meet other LGBTQ+ youth.

Patients can self-refer to this group by calling the HFHT Groups Line or through Ocean referral.

Have questions? Call the HFHT Groups line at 905-667-4852.

Community Counselling Resources for Children, Youth and their Parents

Community Level Counselling

☐ **Contact Hamilton**

Referral agency for child and youth tertiary level counselling (up to 17th birthday)
905-570-8888

☐ **Banyan Community Services**

Community agency supporting children and youth struggling with behaviours that are impacting home, community, or school.
Ages 6-14
905-545-0133

☐ **Good Shepherd**

Child and youth counselling for those who have witnessed domestic violence, wellness program, learning effective anti-violence in families.
905-523-8766

Anxiety and Depression

☐ **BounceBack**

Telephone coaching ages 15+ struggling with mild to moderate anxiety or depression.
1-866-345-0224
bb-referral@cmha-yr.on.ca

☐ **Lynwood Charlton Centre**

Coping with Emotions
Temper Tamers Group Program
Ages 7-12
The program is aimed at children and their caregivers and works to help them understand the triggers, feelings, and thoughts associated with temper and aggressive behaviours, and to learn alternative strategies to deal with these feelings.
Self-referral by calling 905-389-1361

☐ **John Howard Society**

Cognitive skills-based program for youth ages 12-17 for those struggling with interpersonal relationships and aggressive behaviours.
Self-referral: 905-522-4446 ext 235

School based Services

☐ **Hamilton Wentworth District School Board**

Caregiver and youth programming for anxiety, depression, supporting transgender, non-binary, gender non-conforming and gender questioning children and youth.

Project Youth AFFIRM, and EFFT Emotion Coaching.

Contact information for each group available on website.

☐ **Hamilton Wentworth Catholic District School Board**

See Emotion Coaching for Caregivers under Group Counselling Supports

Ron Joyce Children's Centre

☐ **kNOW Fear 8-12yrs**

6 weekly sessions
Educational program designed to reduce general anxious behaviours. Skill building, developing helpful thinking, managing emotions, coping skills and relaxation
Self-referral online

☐ **COPEing with 3-12 year olds**

6 weekly virtual sessions
Parenting strategies to strengthen relationships and increase cooperation with your children.
Self Referral: 905-521-2100 x74147
or email communityeducationse@hhsc.ca

☐ **Emotions in Motion Workshop**

An educational workshop for caregivers explaining the basics of emotional regulation.
You will learn how to help your child deal with their emotions in a helpful way. Teach your child and youth how to talk it out instead of act it out.
Self referral 905-521-2100 x74147

☐ **Stress Less: A Pathway to Coping for Parents and Teens**

Ages 13-15 years
Designed for parents/ caregivers and their teens aged 13- 15 years to attend together.
Causes of stress, managing emotions and unhelpful thoughts, coping strategies managing emotions, communication and connecting with others.
Self-referral. Call 905-521-2100 x74147

☐ **Parenting Your Child with ADHD**

This 3-session virtual course will review ADHD and how it affects children and teens. We will review why your child acts the way that they do and how to give them the tools they need to succeed.
Topics discussed: evidence based parenting strategies, emotional regulation, executive functioning, and social skills.
Self-referral. Call 905-521-2100 x74147

LGBTQQ2SA* Supports

☐ **Project Youth AFFIRM**

Age 12-18+.

8 Free sessions focused on reducing depression and improving coping and sexual self-efficacy.

Helps decrease unhelpful thoughts, understand stress, gain skills, feel better about selves and lives, foster hope and meet other LGBTQQ2SA* and questioning youth.

☐ **Compass Community Health**

Trans Femme Peer Support Groups
Youth ages 16-30

Peer support program for Trans Feminine identified folks.

At our meetings we discuss transition, employment opportunities, transphobia and related issues, as well as working to build a community of trans sisters.

To register: Please email TFIntake@compassch.org

☐ **YWCA**

Spectrum focuses on skill-sharing and community building for 2S-LGBTQIA+ young people in Hamilton, ON.

We aim to build community among 2S-LGBTQIA+ youth by offering a variety of programs and supports

We provide online one-on-one support through weekly Check-Ins and Peer Support, where spectrum team members support youth through different challenges in life.

Self-referral online or through email:
info@spectrum.ca

Bereavement Support

☐ **Bob Kemp Peer Support Program**

1:1 peer mutual support program where participants are matched with a trained bereavement volunteer who has experienced a similar loss.

Weekly sessions for 12 weeks.

905-387-2448 ext. 2230

Bereaved Families of Ontario

☐ **Talk.Listen.Care (TLC)**

Children have learned valuable coping skills and positive ways of expressing their feelings in a productive and effective manner.

Aged 5-13 years.

Self-Referral contact form or email
programming@bfoscr.com or contact us at 905-318-0070.

☐ **Missing Pieces Workshop for Teens**

HWDSB/HCDSB groups available.

Workshop for teens provides a safe, non-judgmental opportunity for youth to share their experiences, feelings and thoughts about the loved one who has died with other youth.

Self-Referral contact form or email
programming@bfoscr.com or contact us at 905-318-0070.

Eating Disorders

☐ **Danielle's Place**

Prevention and early intervention groups for children and youth between the ages of 8-17 at risk of developing an eating disorder, and a support group for carers.

Complete an intake with ROCK at 289-266-0036 to register.

☐ **Other:**

For additional resources please contact your Family Doctor.

Emergency Resources

- ☐ **COAST Hamilton** (905) 972-8338
All ages
24/7 Crisis Line
Crisis Triage, Support Workers and other clinicians answer calls on the COAST crisis line. An intake assessment is completed, in which the person is asked about the situation, mental health concerns, and potential risks. Support, recommendations, and a plan for intervention are developed together, which could include mobile outreach.
- ☐ **Kids Help Phone** Crisis Line: 1-800-668-6868
24/7 e-mental health service offering free, confidential support to young people in English and French. Access to volunteer crisis responders to address young people's continuum of emotional and mental health needs, from crisis situations to the everyday concerns of growing up.
- ☐ **LGBT Youth Line**
Youth Line offers confidential and non-judgmental peer support through telephone, text and chat services.
Sunday to Friday, 4:00 PM to 9:30 PM
Phone: 6 PM – 9 PM, at 1-800-268-9688
Text: 4 PM – 9:30 PM, at 647-694-4275
Peer volunteers who are trained in active listening and relevant knowledge such as anti-oppression, anti-racism, sex and consent, STIs, HIV, self-care, and more. Not a Crisis Support Line.
- ☐ **Trans Lifeline** (877) 330-6366
Trans Lifeline hotline offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.
- ☐ **McMaster Children's Hospital: Child and Youth Mental Health Emergency Services (CHYMES)**
McMaster Children's Hospital Emergency Department for children, youth, and families experiencing mental health crises which require prompt attention such as risk of harm. The child or youth will be seen by a clinician who can either be a nurse, social worker or psychologist. Clinicians review every patient's situation with a psychiatrist to create a plan of care. Only in some cases will a psychiatrist directly see a patient.