



Children's Mental Health of Leeds & Grenville



Counselling Therapy

Mental Health Services for Children and Youth aged 6 to 18 and their Families

Our multidisciplinary team provides mental health services to children and youth between the ages of 6 and 18. A counsellor will work with clients to gather information about their concerns, will talk with community supports such as a family doctor or teachers with permission, and with client input will put together a helpful plan with specific goals to meet client needs. Counselling Therapy counsellors work directly with children, youth, caregivers or families depending on the presenting concerns. Children 12 and over can self-refer.

Who Might Benefit from the Counselling Therapy Program

- Children or youth engaging in problem behaviours, including self-harm or aggression
- Families experiencing conflict
- Children and youth who have issues with body image, weight and eating
- Children, youth and families who may be dealing with loss, trauma or significant changes that cause family upheaval
- Youth using drugs or alcohol to cope with stress, depression or emotional pain
- Children and youth who experience anxiety, depression, attention deficit hyperactivity disorder or other mental health concerns

Services will be delivered in the nearest Children's Mental Health of Leeds & Grenville community office, which are located in Brockville, Elgin, Gananoque, Prescottt and Kemptville.

Accredited Children's Mental Health Agency
FREE • ACCESSIBLE • CONFIDENTIAL

What to Expect from Counselling Therapy

Service length may vary from a single visit to several sessions depending on the child, youth or family need. The greatest change often occurs within the first three months of service. Should services extend beyond six months, counsellors will review with clients the work that has been completed and ensure we are meeting the goals set out at the beginning of treatment.

Services Provided

- Resource information
- Consultations
- Assessment
- Treatment
- Referrals to specialized services such as Psychiatry, Pediatrics or Psychology
- Referrals to psycho-educational or treatment groups such as Triple P Parenting, Intergenerational Trauma Treatment Model, Goddess in Every Girl (a self-image group for young women) and FRIENDS (a counselling modality for anxiety)

Counselling Therapy counsellors build on each family's, child's or youth's unique strengths as they work together to meet individual or family needs.

For More Information:

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