

because  
every youth  
matters.



the youth centre

**the youth centre** is a Community Health Centre providing primary care, including medical and counselling services, health promotion and young parent support programs to youth in Ajax and Pickering.

We are a not-for-profit agency. Our profile has grown since 1991 when we began as the Barbara Black Centre for Youth Resources, offering a drop-in centre, and after school programs. In 1995, we received funding from the Ministry of Health for the conversion to a Community Health Centre. One of 56 CHC's in Ontario – we were established through the direct participation of the local community.

All our services are FREE and CONFIDENTIAL. We are committed to provide a supportive non-judgmental environment.

The close involvement of the community in the activities of The Youth Centre is key to our ability to readily adapt and respond to the health needs of youth in the Ajax and Pickering area.

### community health centre program objectives:

- Improved accessibility of services and programs
- An emphasis on wellness and prevention
- More efficient service coordination and integration
- A holistic client centered approach
- Increasing individual and community ownership and responsibility for one's health

### who do we help?

We provide programs and services to the youth of Ajax and Pickering, their families, young moms and dads, local schools, local community groups and local community agencies.

### who works at the youth centre:

The staff at the Centre is comprised of:

- Doctors
- Nurse Practitioners
- Social Workers
- Health Promoters
- Early Years Staff (ECE's, Nurses and Dietician)
- Administrative Support Staff

### mission

The Youth Centre is a community health centre accessible to all youth of Ajax and Pickering. It provides health and social services programs in a non-judgmental environment by a multi-disciplinary team of professionals. Its purpose is to allow youth the opportunities to make informed choices that lead toward their personal and social growth.

### vision

Youth in Ajax and Pickering will have access to programs that assist them to make informed choices that lead toward their personal and social growth. The Youth Centre, a not-for-profit organization governed by a Board of Directors, will achieve this through:

- provision of programs and services by a multi-disciplinary team of health professionals and others who have the right mix of skills to meet the needs of youth
- provision of the first level of care, including health promotion and illness prevention, health assessments, diagnosis and treatment of episodic and chronic conditions, and supportive care
- multiple service sites and outreach programming
- multiple communications strategies
- partnerships with health and social service agencies that serve youth in Ajax and Pickering
- a diversified funding base.

### values and principles

We believe that each youth is a unique and valued member of the community and will therefore be treated with respect, openness and care.

We will create a non-judgmental, confidential and trusting environment.

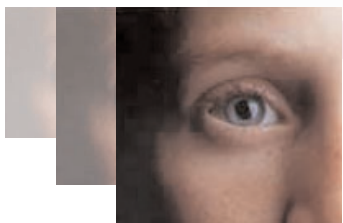
We support the diversity of our communities. We will strive to ensure programs and services are physically, socially and culturally accessible to all youth of Ajax and Pickering.

We strive to ensure access to information and services and support the rights of youth to take responsibility for their own health and health care choices.

We believe in a holistic approach to health. We will take into consideration a person's physical, social, emotional, spiritual and financial circumstances in the provision of programs and services.

**We support Wellness.**  
**We support Healthy Sexuality**  
**We support Mental Health**  
**For Youth.....and their families.**

overview



“ Can you imagine for a moment that you are Amy, a 14-year old girl who is pregnant; You have a supportive family and partner; but lack the life experiences and skills to raise a young family? You know that you want to do it right - you wonder where to go.

Can you imagine that you are Jack, a 16-year old boy who is thinking the only answer to your girlfriend breaking up with you is to hurt yourself? You feel that you have nowhere to go? ”



# what services does the youth centre provide?

# services

## *medical services*

The Physicians and Nurse Practitioners offer a wide range of primary health care services. Staff take the time to talk with, teach, and educate youth about health issues and concerns. Youth are therefore better able to make informed choices and gain control over their own health. The Youth Centre offers 24 hour access to on-call medical services for registered clients as well as a walk-in clinic three days a week.

## *counselling services*

Counseling at The Youth Centre is facilitated by Registered Social Workers and is youth directed, supportive and respectful. The multi-disciplinary team allows for more coordinated services, as it relates to mental health and general health issues. Our team of Social Workers offer individual counseling and group programming to address the needs of clients. Social Workers also carry out presentations to parent groups, school classrooms and teachers.

## *health promotion*

Our multi-disciplinary team of health care professionals work together to provide health programs and services that address the following health issues:

- Sexual health
- Mental health
- Physical activity/nutrition
- Substance abuse/alcohol/drugs/tobacco
- Supportive environments for youth
- We work with community partners in the provision of programs and services and the development of strategies to improve the health of youth in Ajax and Pickering

## *young parent support*

We provide support to young parents under the age of 26 who are expecting a child or have children under the age of three. We offer a variety of programs, one of which is Babysteps, a weekly program for young parents. The focus of the program is the promotion of child health and development and to assist parents in preparing their children for success.



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360 Bayly Street West, Unit 5  
Ajax, Ontario L1S 1P1  
Telephone: 905-428-1212  
Fax: 905-428-9151  
[www.theyouthcentre.ca](http://www.theyouthcentre.ca)