

Our Mission

To ensure children and youth throughout Northumberland County have the opportunity to develop a positive social and emotional foundation through accessible mental health, youth justice, and prosocial programs and services.

Our Vision

All children and youth have the opportunity to reach their fullest potential.

Our Values

Respect

We honour the diversity and dignity of children, youth, families and the community.

Resilience

We mobilize the strengths, skills and resources of our clients and community.

Responsibility

We demonstrate our commitment to the community through innovation, creativity and collaboration.

Ripple-effect

We believe that positive growth in individuals fosters community well-being.

About Rebound

Rebound Child & Youth Services is a nonprofit charitable organization providing mental health services, literacy and learning help, family wellness and parenting support, and youth justice diversion programs. Rebound has been responding to the changing needs of children, youth, and their families in Northumberland County since 1997 by offering innovative early interventions and supports to those we serve.

We believe that all children and youth have the opportunity to grow to their fullest potential. Their success is our priority.

We thank our donors and funders

- Ministry of Health
- Ministry of Children, Community & Social Services
- Northumberland County
- Ontario Trillium Foundation
- Northumberland United Way
- Corporate Sponsors
- Private & Corporate Donations

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Family Wellness Hub

Rebound Child & Youth Services Northumberland provide multiple programs, services, and supports including workshops, seminars, small group programs, and short and long-term family interventions to empower families.

Our funders



Family Wellness Hub

A continuum of programs, services, and supports for families with children under the age of 18. These programs and services use a family-centered approach to provide the support, skills, and referrals necessary to navigate the wellness of children and youth and establish a healthy family foundation. Our qualified case managers and therapists can offer workshops, seminars, or intensive assessments and interventions that are matched with the unique needs of families with children and youth between 4 and 18 years old.

Program options include:

- Family Check-Up Program (FCU)
- Everyday Parenting Program (EDP)
- Collaborative 14 and Under Intervention Program (CUIP)
- Positive Parenting Program (Triple P)
- Family Connections Workshop

Triple P

The Triple P – Positive Parenting Program is an internationally-recognized program that gives parents and caregivers the confidence and skills they need to build strong family relationships, manage behaviours, and prevent problems. Rebound offers Triple P to all parents and caregivers in Northumberland County, free of charge, as part of the Positive Parenting Northumberland Network.

Family Check-Up

The Family Check-Up® program works with your family to help you assess and understand the strengths and needs of your child and your family.

Using interviews, questionnaires, and video-based feedback, the Family Check-Up® collaborates with families to set applicable goals and create a plan to help move your family towards your desired outcomes.

Families who participate in the Family Check-Up®, may choose to take part in the Everyday Parenting® program.

Everyday Parenting

Everyday Parenting is a family management program that is tailored to the needs of your family. The program offers 12 unique modules to choose from, covering Positive Behaviour Support, Setting Healthy Limits, and Family Relationship Building.

Families are not required to complete all sessions, but it is recommended that they begin with Positive Behaviour Support prior to moving on to additional modules.

CUIP

CUIP, also known as the Collaborative 14 and Under Intervention Program is developed by Rebound Child & Youth Services Northumberland and generously funded by the Ontario Trillium Foundation. The program is designed to assist children aged 14 and under work through personal difficulties and experiences that may occur at home, at school, or in the community. Young people experiencing trauma, victimization, school suspensions, risk-taking and/or anti-social behaviours, chronic school absenteeism, violence, or bullying may be appropriate for this program.

CUIP aims to help children get back on track and equip children and their families with the resources and supports needed to reach their fullest potential. For ages 7-14.

Family Connections

A workshop designed to support parents and caregivers in creating strong bonds with their children and fostering healthy family attachments. This workshop provides information and practical steps that any caregiver can use to increase healthy connection with their children. The workshop promotes strong and attuned family relationships which can offer protection from difficulties such as communication problems, behaviour issues, family stress, or child abuse and neglect.

Contact us for more information or to set up a Family Connections workshop for your group or school.

Strength of community

Strength of character

Connect with us



www.rcys.ca