



Mental Health Services Overview

Counselling at Rebound

Counselling at Rebound includes planned, collaborative interventions that focus on reducing and/or resolving severe emotional, social, behavioural, and self-regulation problems experienced by children and youth.

Brief Services

Brief Services is a quick access 4-6 session format, which immediately addresses the needs that are present among children and youth. Rebound's strength-based model uses a collaborative, narrative approach, allowing parents and clients to learn in unique ways.

Rural Outreach Clinic

Visit Rebound's counsellors every other Friday at OHT-N's Rural Outreach Clinic in Colborne. Book an appointment today to see a counsellor.

Call: 289-265-0505

Walk-In Counselling Clinic

In partnership with the Northumberland Hills Hospital, Rebound's counsellors are available every Tuesday and Thursday for immediate, same-day services.

Call: 905-377-7784

Emotional Self-Regulation Groups

Preventative: An eight-week group hosted by Rebound's counselling team that was clinically designed for young people who are struggling to cope with their emotions.

READbound

Preventative: A positive skills-based tutoring program which matches students with a volunteer tutor.

Learn more about Rebound by visiting rcys.ca, calling 905-372-0007

Parents/Caregivers or Youth may refer by calling or scan to access referral forms.



**Child & Youth
Referral**



**Youth - Self
Referral**