

## Our Mission

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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

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

## Our Values

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### 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

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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

### Rebound Child & Youth Services Inc.

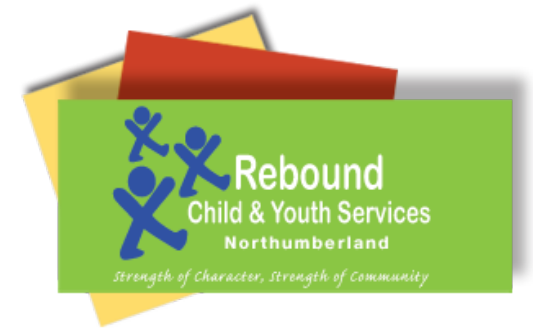
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## Rebound Child & Youth Services Northumberland

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"I am very happy with the differences that I have seen in my daughter's behavior. Over the past few weeks, I have seen drastic improvements in the areas that have given her problems and she seems much happier. Thank you so much."

"This service has made such a difference. My son looked forward to his meeting every week. The bar has been set very high for any other counsellor he might meet with."

**Free programs, services & mental health support for children & youth ages 7-18**

### 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 each family 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

## Donate Today

By making a donation, you make it possible for Rebound to continue supporting children, youth & families in Northumberland County with innovative and accessible programs and services that support mental, emotional, and social wellness.

Visit [rcys.ca/donate](http://rcys.ca/donate) or scan the QR code below to donate today.



Registered Charitable Number:  
84619 5949 RR0001

Strength of character

## Mental Health Services

Facilitated by a team of skilled mental health counsellors, psychotherapists, and social workers, Rebound's mental health services connect children and youth with responsive and relevant support, counselling, and therapy. Our team of highly-trained professionals are equipped to meet clients where they are at, with supports that address their mental health and emotional wellness needs.

### Individual Counselling & Therapy

For children and youth 7-18. Each client benefits from a quick access brief services format with 4-6 counselling or therapy sessions. This solution focused approach addresses the immediate needs and goals of the client. A collaborative assessment and discussion of needs may determine further support is required. Our services engage the family, and can be integrated with community supports. Service is available in-person and through our secure virtual platforms.

### Group Services

**Emotion Regulation Groups** are 8-week programs that are clinically designed and researched for young people who are struggling to cope with their emotions.

- **Attention & Impulsivity Group:** For young people struggling with behaviour issues, big emotions, anger, attention, or impulsive choices
- **Mood:** For young people struggling with low moods, irritability, or symptoms of depression and sadness.
- **Anxiety:** For young people struggling with anxiety and anxious thoughts

Connect with us



## Child & Youth Services

Our child and youth services provide young people with resources to help them achieve success in their lives by connecting them with individuals who coach, mentor, tutor, and support clients. Rebound's programs and services are equipped with evidence-based programs that incorporate mentorship as a vehicle for learning in a safe, supervised environment.

Program options include:

- Trusteeship Program - Ages 16-18
- READbound Tutor Program - Ages 7-18
- Homework Club - Ages 7-18
- Guitar Lessons - Ages 9-16

## Youth Justice Services

Our youth justice programs take a restorative justice approach: helping youth understand harm caused and where possible, making reparations to victims. Our youth justice services embrace this approach through diversion, court support, police, and community collaborations to give youth the ability to take accountability through a restorative justice process.

Program options include:

- Pre and Post-Charge Youth Justice Diversion
- Reintegrative Supportive Services
- Youth Justice Committee
- Mental Health Court Worker Support

For youth ages 12-18

Strength of community