

Transitional Aged Youth (TAY) Outreach Program

A youth-directed, community based program in Halton Region for youth ages 16-24 who need support!

CHECK OUT WHAT WE OFFER:

- Strength based assessments and client directed treatment planning based on resiliency and choice
- Substance use and mental health education and support
- Non-judgemental, supportive counselling to expand independence and build problem solving and decision making skills
- Case management services to provide links to additional services that will improve success
- A weekly peer to peer youth group that is created by youth for youth

"Before my venture to ADAPT, I felt lost, hopeless and controlled by my addiction. With the help of my Counsellor and the youth group I learned that I am a resilient person. With all the support I have received, I have been able to tackle my challenges."

- Anonymous

"Meeting my TAY Counsellor has changed my life for the better in so many different ways. I finally have someone I can trust and be completely honest with."

- Anonymous

PROGRAM ELIGIBILITY

- Residents living in Oakville, West Mississauga, Burlington, Milton, Georgetown or Acton
- Youth who have persistent substance use or mental health concerns
- Youth interested in connecting to support services for education, employment, recreation or housing.

"My Counsellor helped me get into detox, residential treatment and supportive housing."

- Anonymous

"The youth group has had a great impact on my life because of the amazing people and positive atmosphere."

- Anonymous

REFERRALS

- ADAPT services are free of charge and confidential. Referrals are welcome from youth, parents/caregivers and community partners.
- Please contact our Youth Program Manager at 905-693-4249 to make a referral.

For information about ADAPT services and locations, please visit us at www.haltonadapt.org