The Orléans-Cumberland Community Resource Centre offers programs to youth ages 13 to 18 and their families.

Our Youth Program offers:

- Short-term counselling (6 to 8 sessions)
- Family intervention
- Recreative and support groups
- Crisis intervention
- Workshops for youth and parents
- Youth drop-in (Youth Space): mixed, girls & LGBTQ2+ nights

We encourage youth and families that are looking for counselling to book an appointment or call to chat with our Youth Counsellor.

Download Child & Youth Counselling poster (EN): https://crcoc.ca/wp-content/uploads/2018/09/Poster-combin%C3%A9-pour-le-site-Web-EN.pdf

Download Youth Space poster (EN): https://crcoc.ca/youth-space/

For more information, we invite you to download our **app** (*crcoc-occrc*; available through the Apple Store and Google Play Store) as well as subscribe to **our E-Newsletter** through the following link: https://crcoc.ca/subscribe-to-our-email-list/