



FIRST CONTACT GROUP

Peel Children's Centre offers the **First Contact Group** for youth ages 14 to 18 years. This four-week group, which meets every Wednesday evening from 6:00 - 7:30 pm, starting November 7th helps youth increase their awareness of substance use, understand how it impacts them, helps them develop strategies to begin reducing the impact and replacing it with other healthier options. At each youth's request, a fifth session will be offered at the end of the group for parents and supportive others to learn ways to help the youth with their goals. The First Contact Group is provided in partnership with Nexus Youth Services and is free to all participants.

For more information or to make a potential referral to this group, contact Garth Buckley, Clinical Coordinator, Concurrent Disorders Program at (905) 795-3500 ext. 2200 or gbuckley@peelcc.org. Self-referrals are encouraged.