

YSAP- Youth Substance Use Program

Program overview:

- One on one counselling (ages 14-24)
- Self referral program
- Free and confidential
- Assessment- GAIN Q3
- Practices from a harm reduction philosophy
- Harm reduction supplies available
- Need based referrals
- Groups, presentations and workshops

YSAP Locations

- Toronto – East/West
- Scarborough
- North York
- Mississauga
- Brampton
 - Caledon/ Bolton



Counselling:

- Counsellors available in 5 regions across GTA
- Generally no waitlist for counselling
- Person-centered, strengths based, harm reduction approach
- Can meet folks in the community, in office, virtually (video or phone)

Harm Reduction Supplies Available:

- Naloxone kits and training (for individuals and groups)
- Substance testing kits
- Safer smoking equipment/kits
- Safer injection equipment/kits
- Safer sex products
- Harm reduction info and education



Groups:

YSAP Connect Group

for people who use substances ages 16-24



Virtual on Zoom



Every other **Wednesday**
3:30 pm - 5 pm



- Self-care
- Peer support
- Coping skills
- Psycho-education



To register email or text
bronte.sg@ymcagta.org
437 249 8301



\$50 Gift Card for completion
extra weekly raffle prizes!

MOVEMENT
+ CALM

GROUP FITNESS SERIES

TUESDAYS +
THURSDAYS

8 AM + 12 PM

A SERIES OF GROUP
FITNESS CLASSES WITH A
FOCUS ON CARDIO AND
CORE.

4 TIMES PER WEEK
BEGINNING **JANUARY 9TH**



FOR MORE INFO, CALL OR TEXT BRONTE:
437 249 8301

[CLICK HERE FOR OUR COMMUNITY SAFETY GUIDELINES](#)

Workshops and Presentations

- Available for groups in the community including youth, service providers, teachers, caregivers/parents
- Can be tailored to the group
- Various topics such as:
 - Harm reduction 101/approaches, substance specific education/safer use, naloxone training, for parents/caregivers; supporting youth who use substances, psychoeducational presentations; trauma informed care, substance use and mental health etc.

Making a Referral or Requesting a Presentation/ Workshop

To connect with us:

- Central Intake line: 416-473-7407

or

- Online referral form



Website

- <https://www.ymcagta.org/youth-programs/ysap>