

Our Trained Counsellors are Available to Help

Let an Abrigo staff member develop and deliver a workshop to fit your needs. Topics include:

Healthy Peer Relationships:

- Communication Styles
- Conflict Resolution
- Boundaries

Healthy vs. Unhealthy Dating Relationships:

- Essential Ingredients of a Healthy Relationship
- Identifying Abusive Behaviours
- Gender Stereotypes
- Sexting
- Sexual Harassment and Assault

Self-Esteem:

- Wellness and Self-Care
- Body Image
- Media Awareness

Bullying & Cyber-bullying:

- Discrimination
- Types of Bullying
- Motives Behind Bullying
- Where Bullying May Happen
- Impact of Bullying

Interpersonal & Family Violence:

- Defining Domestic Violence and Child Abuse
- The Difference Between Discipline and Punishment

Providing the Support Youth in our Community Need



Young people in our community deserve the best programs and services available to them when needed. Abrigo has made a commitment to be a leader in providing programs that educate, counsel and enrich the lives of our youth.



Abrigo Centre

1645 Dufferin Street, Toronto, ON M6H 3L9

Telephone: (416) 534-3434

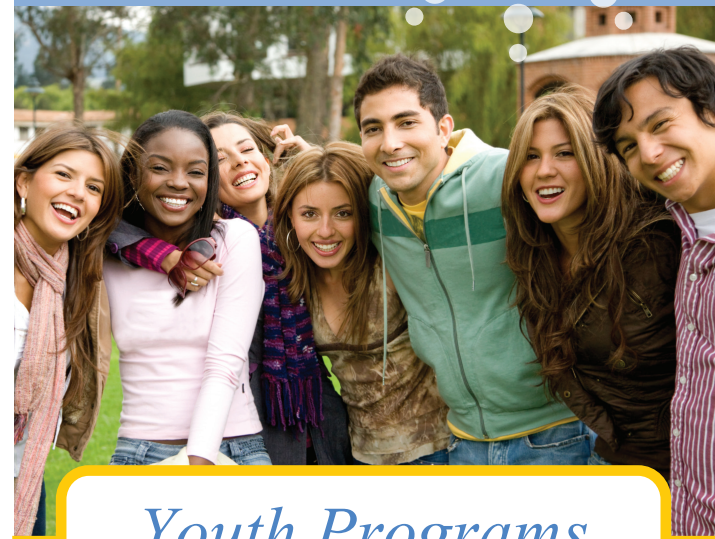
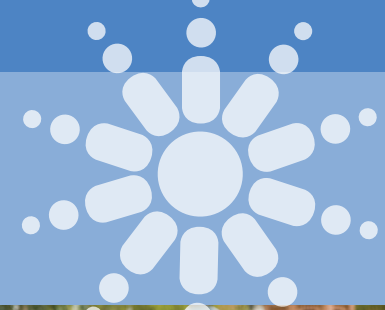
New Client Drop-in Hours: Weekdays 1:00 p.m. to 3:00 p.m.

Charitable Number 129515284 RR0001

For more information or to make a donation to the Abrigo Centre, visit our website: www.abrigocentre.ca

Twitter: [@abrigocentre](https://twitter.com/abrigocentre)

Facebook & Instagram: [/abrigocentre](https://www.facebook.com/abrigocentre)



Youth Programs and Services



Providing programs that educate, counsel and enrich the lives of our youth.

Providing Counselling, Guidance and Leadership



The Abrigo Centre has been a valuable resource for youth living in west-end Toronto since 1994. Abrigo is dedicated to engaging, educating and counselling young people in our community and entrenching a strong youth program into Abrigo's work is a strategic priority of the organization.

Abrigo's Youth Services provides individual, supportive counselling for youth between the ages of 12 – 29. Referrals are made to other agencies if needed for specialized issues. Trained staff members offer crisis intervention and one-on-one counselling. Counsellors work with clients to develop safety plans as needed, and improve awareness regarding issues related to mental health, substance abuse, inter-personal violence, and healthy relationships.

Instrumental support to clients include; writing advocacy letters and assistance with filling out forms and applications.



Education is the Key to Success

A primary focus of our Youth Outreach team's work is in schools, facilitating workshops on healthy relationships. This program provides free workshop presentations at local middle and high schools.



The Outreach team also presents on topics such as bullying, self-esteem, conflict resolution, stress and body image. Our qualified staff travel into the classroom to speak about topics that are relevant to today's student. Workshop activities are customized for age appropriateness and delivery setting (i.e., classroom vs. auditorium).

Youth counsellors also present in the community at wellness symposiums, mental health and addiction awareness events, school parent nights and violence against women prevention events.

In fiscal 2015/16, our dedicated Youth Outreach workers made an impact on the lives of 1,550 youth.



TAG-V: Investing in our Future

In 2013, Abrigo Centre embarked on a four-year *Teens Against Gender-Based Violence* (TAG-V) project funded by the Canadian Women's Foundation. TAG-V is a youth-led peer education project delivered in partnership with two local high schools annually.

TAG-V is aimed at preventing violence against women through an analysis of violence and abuse, with a focus on building healthy and equitable relationships between young women and men. Talks include dealing with stereotypes, how to end gender-based violence and thinking with more mindfulness. This project involves three phases:

- 1) **Students receive** direct training from Abrigo counsellors.
- 2) **Students then deliver** a school-wide or elementary school information campaign through art-based performances such as spoken word poetry, plays, art works, testimonials, fairs, workshops or presentations.
- 3) **A culminating event** called *Youth 2 Youth* where participating students use art (spoken word, poetry, skits and music) to convey what they learned to a larger audience of fellow students.



In fiscal 2015/16, 200 youth leaders were actively engaged in the TAG-V program.