



# Aboriginal Child & Youth Mental Health Services

Our child and youth mental health services are available to anyone who is in need of support for their mental health wellbeing.

We provide therapeutic individual and family counselling, skills training, play & art therapy, sand therapy, and are trained in ASIST suicide intervention.

We provide wholistic treatment planning that is collaborative and focuses on your strengths and goals.



## Who:

If you are 6 yrs old - 24 yrs old and identify as Aboriginal

## How:

You can call us directly, or ask someone to call for you

## Where:

You can access our services at our office, or we can try to come to where you are

**De dwa da dehs nye>s**

Aboriginal Health Centre

678 Main Street East,  
Hamilton, ON  
905-544-4320 ext  
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