

Counselling Services

For Immigrant & Refugee Youth



The Immigrant and Refugee Youth Program provides group counselling interventions to immigrant and refugee youth in high school settings. The groups are focused on responding to the emotional, social and psychological needs of newcomer youth in the Ottawa area.

We aim to support youth who are struggling with integrating into the school system and into Canadian society. Immigrant and refugee youth often face additional challenges due to coping with pre-migration challenges such as war, trauma, displacement, loss of family members, and violence and as well as post-migration issues such as bi-cultural identity and resettlement difficulties.



Ottawa Community
Immigrant Services
Organization

959 Wellington St, West Ottawa, Ontario, K1Y 2X5

14 year-old youth participant

I learned that we weren't the only ones who came to Canada and had a hard time.

I liked that we all come together to share our ideas and how we always have responsibilities like the timekeeper, snack person, and manager – it makes me feel like I'm responsible for something.

16 year-old youth participant

High School ELD & ESL Teacher

As a teacher who is not a trained counsellor, it was a relief to know that these students, who have suffered a variety of traumatic incidences, were able to meet with someone who would be better trained to help them. Not only did most students embrace the groups, teachers in the school encouraged and saw the benefits of having the students participate.

What Do We Do?

DEVELOPMENT OF interactive, psycho-educational and fun youth group sessions that focus on the specific needs of the youth referred to our program

INCREASE YOUTH ENGAGEMENT, sense of belonging, and connectedness to their communities

DEVELOP COPING STRATEGIES, healthy relationship patterns, resources of support and conflict resolution tools

SUPPORT DEVELOPMENT OF self-esteem, self-confidence, and bi-cultural identity to ease the transition process into a new culture

SUPPORT AND CONSULTATIONS with school teachers, administration, social workers, Multicultural Liaison Officers, and community members that can impact students' success

Who Do We Serve?

IMMIGRANT & REFUGEE YOUTH ages 12-20 years in their schools



To learn more about our program, please contact Christy Etienne - Youth Program Coordinator



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