

Referrals

Referrals are accepted from many sources including:

- Schools
- Physicians
- Psychiatry
- Therapists/Counsellors
- Community agencies
- Parent or guardian
- Self



➤ For more information, contact:

4th Floor, Nordic Court
10014 - 99 Street
Grande Prairie, AB
T8V 3N4

Phone: 780-538-5162
Fax: 780-538-6279

Office Hours:
Monday to Friday
8:00 a.m.– 4:30 p.m.

Program Hours:
Monday to Friday
9:00 a.m.– 3:30 p.m.

The program is designed to work with youth and their families in building healthy coping skills, collaborative care plans, and community transition.

Youth Day Program

A treatment program for youth and families that offers professional addiction and mental health treatment with a school component in a supportive environment.

What is YDP?

The Youth Day Program (YDP) is a voluntary, eight-week program for youth in grades 7-12 who have been experiencing serious problems related to addiction and/or mental health.

These issues could include:

- Anxiety
- Depression
- Addiction
- Absenteeism
- Self harm
- Suicidal ideation
- Emotional dysregulation

YDP uses a holistic approach that includes education, family, and therapeutic components.

Youth and families will be able to connect with a team composed of:

- Addictions Counsellor
- Mental Health Therapists
- Psychiatry
- Recovery Worker
- Recreation Therapist

School Component

Provided in partnership with:

Grande Prairie Catholic School District
Grande Prairie Public School District
Peace Wapiti Public School Division

For youth, the school component includes:

- 1:1 classroom support
- Working at their own pace in a supportive, non judgmental environment
- Various schooling options, including on-line learning
- Transition planning and support
- Classroom time each week day morning



What's Included

The Youth Day Program offers various workshops, programs, and therapy sessions geared towards helping youth and families to address their addiction and/or mental health issues.

For youth, YDP includes:

- Group counselling
- Individual therapy
- Skills workshop
- School component
- Psycho-educational workshops
- Therapeutic recreation
- Family therapy
- Drop In Support Group
- Transition support
- Sensory Room access
- Summer programming (optional)

For parents, YDP includes:

- Family therapy
- Family Support Group
- Treatment planning