

# Y.O.U.R.S

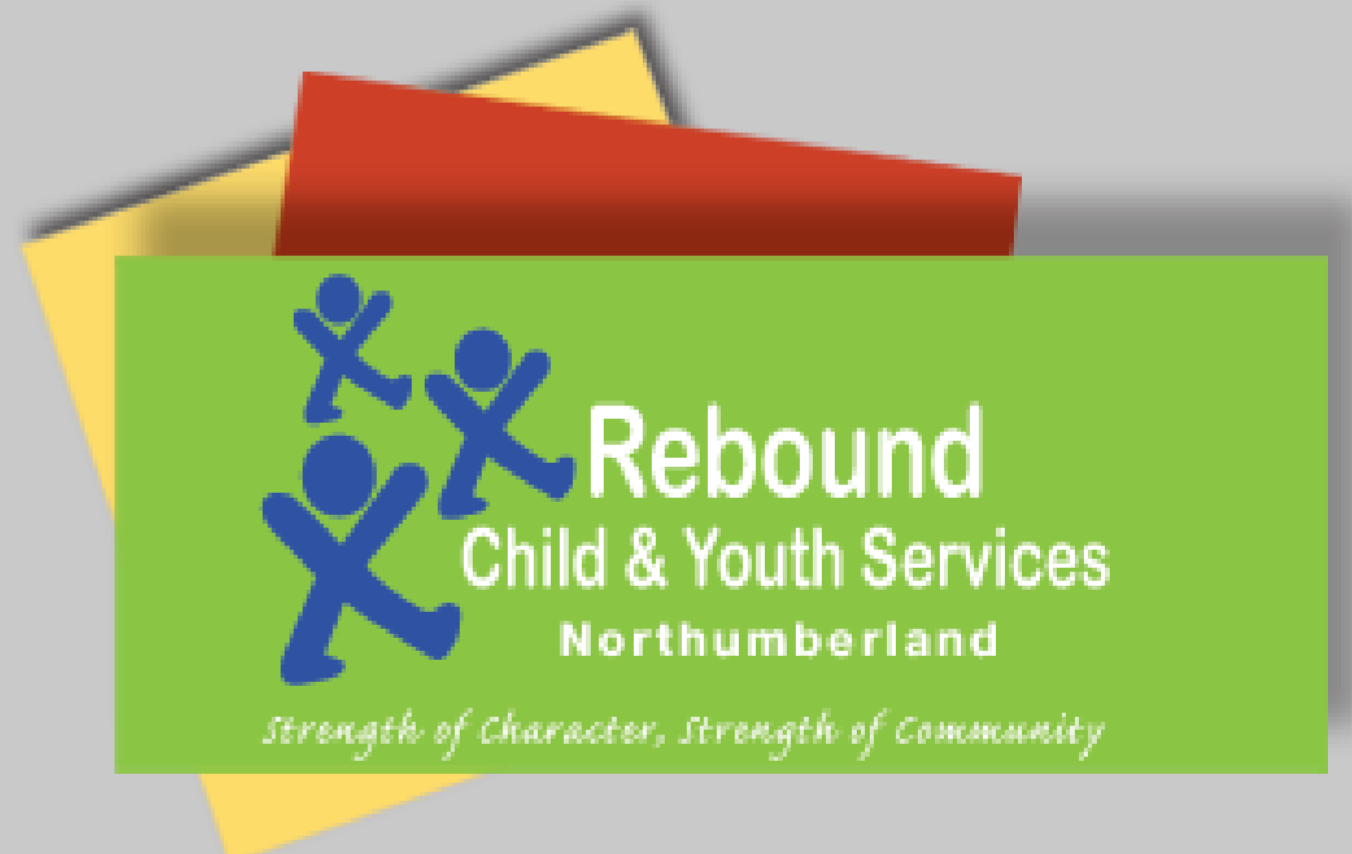
Youth Outreach Under 18 Responsive Services

Our Youth Outreach Worker offers confidential support to youth experiencing social, emotional and behavioural challenges.

The program provides skill development for improving communication, decision making and problem solving as well as managing anxiety, stress, and anger. Support is offered on an individual basis with flexible hours throughout Northumberland County.

Case management and coordination with community agencies is provided to assist in meeting both the short and long term needs of youth ages 12-18

For information & registration please call 905-372-0007.



Rebound Child & Youth Services  
700 D'Arcy Street (upper level)  
Cobourg ON  
K9A 5T3  
905-372-0007 [www.rcys.ca](http://www.rcys.ca)