

About The Program

The Youth Outreach Program is an all-gender inclusive community- based program, designed to improve the immediate and long-term social, educational / vocational, economic & health outcomes for vulnerable youth ages 12-26 years.

Serving youth & young adults in Lunenburg & Queens Counties who are experiencing individual, community, and/or system barriers placing them at risk.

Areas of focus: Healthy Development, Healthy Relationships, Holistic Development, Youth & Family Relationships, Personal Life & Skill Development, Community Youth Engagement, Brave Spaces, Basic Needs, Emergency Response, Cultural & Personal Identity

If you have additional needs that aren't listed here, please let us know what we can do to help!

Streams Of Service

General Stream: Youth who are 16 – 26 years old experiencing risk factors, and who may, or may not, be connected to Child and Family Wellbeing programs. Youth may self-refer.

Youth In Care Stream: Youth 12 – 19 years old in the Minister's care, including temporary and permanent care.

Being involved in YOP programs also gives you access to YOP Plus supports.

With the exception of any walk in programming, all youth who access the YOP for one-to-one support, must come through the referral process.

A copy of the referral form may be found at ymcasouthwestns.ca, or by contacting Kim Whitman-Mansfield, Youth Director:

Email: kim.whitman-mansfield@ns.ymca.ca
Phone: (902) 212-1179

Contact Us

For more information on walk in programs, call (902) 530-3352

Shine On Southwest Nova Scotia

YOUTH

Outreach Program

NOVA SCOTIA



We Offer:

- Mobile outreach
- Access to supportive counselling
- Access to essentials
- Accompaniment to appointments
- Showers
- Access to laundry
- Access to internet & technology
- Life skills workshops
- Support to access services (i.e., housing, health, food banks, income assistance)
- Help with system navigation
- Advocacy
- Mentoring
- Crisis management
- Leadership development



Services We Offer

Emergency Response: facilitates connections between youth to needed supports and services

Outreach: meets youth where they are and where they feel most safe, and engages youth who might not otherwise have access to services

Accompaniment: Youth Outreach Worker accompanies and supports youth in navigating and interpreting systems and services. Also builds meaningful connections and support systems, cultivating a relationship of trust with the youth

Supportive & Solution Focused Conversations: collaborative way to discuss and find solutions to problems, difficulties or challenges in life as well as to highlight strengths

Referrals and/or Linkages to Community: supports youth to better navigate their community to access diverse opportunities, resources and networks to support their needs

Family Work: may include, where appropriate, addressing youth-family relationships through support sessions for families and loved ones who are providing primary care for youth or families with whom the youth may be re-engaging

Youth Centres

YMCA Youth Centres are safe spaces for youth to connect, socialize, get support and receive advice. The Youth Outreach Program operates programs at these locations:

Anchor Youth Space Bridgewater
197 Dufferin Street, Suite# LL01, Bridgewater, NS



Liverpool YMCA Youth Centre
40 Water St., Liverpool NS



Walk in programs are available for youth (12-26 years) without registration.

Check https://ymcasouthwestns.ca/youth-services/ for programs dates and time