



What are the next steps?

Get in touch with us by phone, email or in-person. We are ready to help.

Phone



(613) 724-4881

Our phone is answered during our hours of operation. If you can't get a hold of us, please leave a voicemail.

Email



info@rideauwood.org

Email us and we will respond to your request within 1 business day.

Hours of Operation



Monday – Thursday, 8:30 am to 8:00 pm

Friday, 8:30 am to 4:30 pm

Saturday and Sunday, Closed

Rideauwood.org



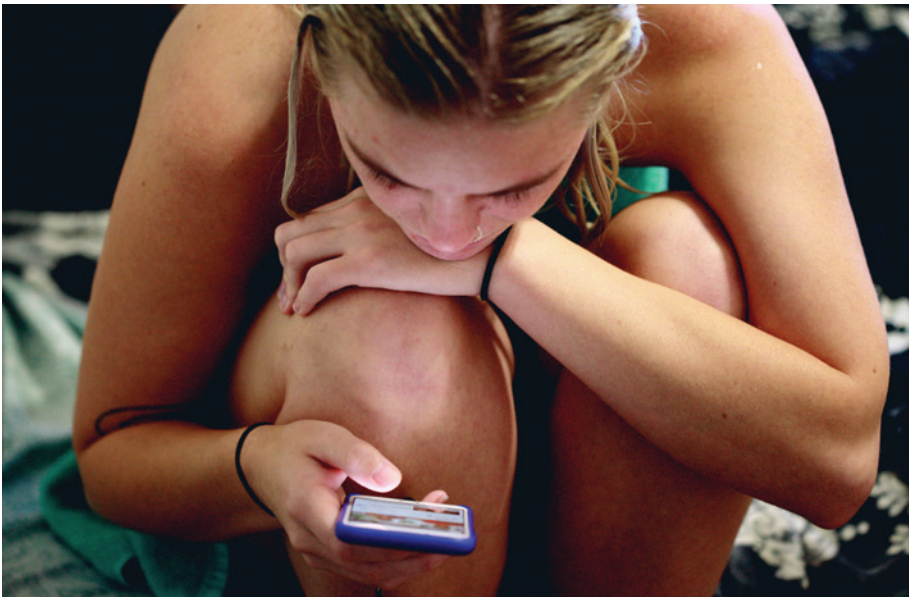
Youth and Young Adult Programs

At Rideauwood, Youth and Young Adults choose the support option that is right for them.

Youth and Young Adult Programs at Rideauwood

Pressure from peers, unrealistic expectations, the relentlessness of social media are just a few of the forces making it an extremely challenging time to grow up in. At Rideauwood we recognize just how challenging it is to grow up today.

Rideauwood treats Youth and Young Adults who are struggling with the role that substance use, behavioural addictions and related mental health issues play in their lives. As with all Rideauwood programs, our counsellors work with each individual to develop a personalized recovery plan. The counsellors in our Youth and Young Adult programs are equipped with specialized training for working with youth. They are ready and able to address the unique challenges you or your child may face.



Our Programs

School-Based Program

Rideauwood's School-Based Program offers students prevention, education and treatment to address substance use, behavioural addictions and related mental health issues on site in Ottawa-Carleton District School Board high schools and middle schools. Support for students concerned about someone else's use is also available.

Youth & Young Adult Substance Use and Urgent Substance Use Programs

The Substance Use Programs are for Youth and Young Adults who are facing challenges in their lives including substance use, behavioural addictions and related mental health issues. Our services are offered at our Parkdale site as well as several other locations, and provide program participants with education, individual and group counselling.

Youth Justice Program

The Youth Justice Program is for Youth and Young Adults who are in conflict with the law and who are struggling with substance use, behavioural addictions and related mental health issues. Our services are offered in multiple geographical locations and provide program participants with education and individual counselling.

Pregnant and Parenting Program

This program is for pregnant or parenting youth (12-25) and their children who are experiencing difficulties related to substance use, behavioural addictions or related mental health issues. Participants in this program receive counselling and education so they can feel empowered to set goals for a healthy pregnancy and for parenting.