



One-to-One Counselling

Our one-to-one counselling program helps pregnant and parenting youth make positive decisions for themselves and their children. Counsellors support clients to identify goals, strategies and services to help improve the quality of life for themselves and their families. We meet with our clients at Vita Centre, in our Brampton satellite office, and in the community.




Our Community Counsellors can help clients with:

Emotional Support
Pre/post-natal information and education
Strategies and resources for housing, income supports, education, and employment
Access to our Care Closet: baby items, food, personal care items, etc.
Referrals to our own groups as well as external program and services

*Note: These are some examples of how we can help, but we are not limited to the services on this list.

To register or for more information, please call our Community Counsellors from Monday to Friday: 8:30a.m. to 4:30p.m.

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