



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 12-24 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, Safe 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 – 24 years old experiencing risk factors, and who may, or may not, be connected to Child Welfare programs. Youth may self-refer.

Youth In Care Stream: Youth 12 – 19 years old in the Minister's care who are in a number of settings across the Child Welfare Placement continuum, including temporary and permanent care.

With the exception of any drop-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 drop-in programs, call (902) 530-3352



YOUTH Outreach Program



COMMUNITY SERVICES



We Offer:

- Mobile outreach
- 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



Drop-In Centres

YMCA Drop-In Youth Centres are safe spaces for youth to connect, socialize, get support and receive advice. The Youth Outreach program operates Drop-In centres at these locations:

Y Our Safe Space - Empowering Youth 425 King St., Bridgewater

Mon (2:30-5), Tues (3:30-7)



Liverpool YMCA Youth Centre 40 Water St., Liverpool

Wed (2:30-5), Thurs (2:30-6)



Drop-in programs are available for youth (12-24 years) without registration, and include hang out spaces, phone, computer & Wi-Fi access, meals (on Tuesdays in Bridgewater, Thursdays in Liverpool) and access to tv, music, video games, board games, pool table, air hockey table, access to laundry, access to personal care items, access to Life Skills Workshops, and so much more!