ACB MENTAL HEALTH SERVICES

Supporting African, Caribbean, and Black Children and Youth in Ottawa

CULTURALLY RESPONSIVE, TRAUMA- INFORMED CARE

The ACB Mental Health Program provides safe, understanding, and empowering support for African, Caribbean, and Black children and youth.

OUR SERVICES

Short-Term Counselling:
One-on-one sessions with a Mental Health Worker (by appointment) 12-18 years

Wellness Drop-Ins:
Connect with our Outreach Worker in a supportive space

Small Group Programs:
Group sessions led by our Mental Health and Outreach team in community settings

Wellness Presentations & Outreach:
Promoting mental health and wellbeing in our community



WHO CAN ACCESS THIS PROGRAM

Ages: Children and Youth 12-18 years old
Located: Ottawa
Identity: African, Caribbean, or Black

HOW TO REFER

Email- ACBMentalhealth@seochc.on.ca
Phone- +1 (613)-809-3627

WHERE TO FIND US

All SEOCHC sites
In communities

South-East Ottawa Community Health Centre
Centre de santé communautaire du sud-est d'Ottawa

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