



Welcome to the Youth and Family Program for Black Children, Youth and Families!

Because Mental Health Can't Wait



This program provides services to children, youth and families while affording access to a black therapist to support emotional wellness through culturally relevant and collaborative mental health care.

The Youth and Family Therapist use culturally relevant evidence-based practices. This means that the therapist has been trained in different research based therapeutic methods that have proven successful in helping individuals and families make meaningful changes. The evidence-based models include: Narrative Therapy, Culturally Adaptive-Cognitive Behaviour Therapy, Trauma Focused-Cognitive Behaviour Therapy, Dialectical Behaviour Therapy Skills and Family Therapy.

What to Expect

New Path believes healing happens in relationships. That means you and your support system are active partners in your journey. Together, we will plan, review, and shape the services to reflect your goals and values.

The service will include:

Comprehensive Assessment

- We begin with a thorough understanding of your unique story, strengths, and challenges.

Individualized Treatment Planning

- Tailored and collaboratively established goals based on your needs, identity, and lived experiences.

Culturally Relevant, Evidence-Based Practices

- Grounded in Black cultural values, history, and healing.
- Includes Culturally Adaptive CBT, Narrative Therapy, Family Therapy, and more.

Collaborative, Systems-Based Approach

- Involves youth, family, community support, and multidisciplinary partners.
- Focused on whole-person wellness within your broader environment.

Risks & Benefits of Therapy

Benefits:

- A safe space to talk and be heard.
- Build coping strategies and emotional resilience.
- Strengthen family and peer relationships.
- Gain tools to manage stress, anxiety, and adverse experiences.
- Culturally empowering and affirming support: Services are inclusive, respectful, and grounded in Black lived experience. You are not alone — your voice, culture, and healing matter.



Risks (and how we manage them):

- Uncomfortable emotions may come up — we go at your pace.
- Possible challenges with change — support is ongoing and compassionate.
- Confidentiality concerns — we explain your rights clearly and involve you in decisions.

Family Support Program

New Path offers a Family Support Program (FSP) that is developed, delivered, and supervised by family members with lived experience in the child and youth mental health system. This program is intended to provide support and resources to you and your family that will help you manage and care for your child/youth and to enhance the overall wellbeing of your family. At some point during your service, you can expect a phone call from one of our peer to peer workers to explain the program further. We look forward to connecting with you!



Appointments are available in-person, by phone or online.



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