



## Child, Youth & Family Services

### Youth Services

PCFSA youth services are offered to youth (aged 10-19) in the West Shore area, that have been identified as experiencing difficulty at home, school and in the community. The program serves youth and their families with outreach, counselling and group activities to meet their needs, acquire skills and improve family and community relationships and connections. [Learn more](#)

### YouthTalk ([youthtalk2@pcfsa.org](mailto:youthtalk2@pcfsa.org))

Youth Talk is free online email counselling service for youth in the CRD. Youth receive e-counselling services from a professional counsellor. Emails are responded to within 3-5 business days. [Learn more](#)

### Crime Reduction & Exploitation Diversion

In collaboration with the Capital Regional District Family Court Youth Justice Committee and local police, the CRED program provides prevention, intervention, and mentorship to youth who have come to the attention of the law or who are vulnerable to exploitation or becoming involved in criminal and gang activities. This program aims to prevent youth involvement in gang activity in the Capital Regional District by providing targeted intervention and support to youth at risk. [Learn more](#)

### Sexual Abuse Intervention Program

The Sexual Abuse Intervention Program provides free counselling to children and youth (under 19 years) where sexual abuse is confirmed or suspected, and to children (under 12 years) who exhibit sexualized behaviour. Services are offered at both our Colwood and Sooke locations. [Learn more](#)

### Community Outreach Prevention & Education Program (C.O.P.E.)

C.O.P.E is a voluntary prevention/early intervention program for youth (aged 5-18) & their families. C.O.P.E. offers short term one to one sessions with youth; confidential, non-judgemental, non-discriminatory support, and guidance in connecting with community resources. [Learn more](#)

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