

"At its core, Africentricity seeks to combat a complex history of anti-Black racism and colonialism."

Ontario Association of Children's Aid Societies. (2016). One Vision One Voice: Changing the Ontario Child Welfare System to Better Serve African Canadians Practice Framework Part 1: Research Report.

Connecting Black Youth with Black Clinicians



Location

204-100 Craig Henry Drive
Nepean, ON
K2G 5W3

Operating Hours

Upstream Ottawa
Mon - Fri: 8:30am - 4:30pm

Contact Us

Tel: 613-248-3330

Email: SAPACCY@upstreamottawa.ca

OR visit our website to connect with one of our clinicians

www.upstreamottawa.ca



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Upstream Ottawa Mental Health Community Support presents:



The Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)

www.upstreamottawa.ca

WHO DO WE SERVE?

The Substance Abuse Program for African Canadian Caribbean Youth (SAPACCY) provides mental health and substance use services for Black youth aged 12-29 and their families/caregivers. Your mental health and wellness is important to us. SAPACCY takes into consideration the unique challenges that Black youth, their families and caregivers face when they try to access care.

CONTACT US

Are you or someone you know experiencing mental health and/or substance use challenges? If you identify as Black & are between 12-29 years of age we're here to support you.

WHAT SERVICES DO WE OFFER?

- Individual Counselling
- Mental Health Counselling
- Substance and Behavioural Counselling
- Comprehensive Biopsychosocial Assessment and Treatment Planning
- Mental Health Promotion and Prevention
- Case Management
- Referral Services
- Caregiver Support Groups
- Crisis Intervention
- Trauma Informed & Healing Centred Interventions
- Support for families/caregivers with their youth

Africentric: A practice that promotes the respect and dignity of people of African descent, rooted in culture, history, and lived experiences.

The right of people of African descent to strive for self-determination, in light of the pervasiveness of racism and systemic oppression.



OUR FRAMEWORK

Our community-based clinical teams work from an Africentric, youth-focused, non-judgmental, anti-oppressive, anti-racist, harm reduction, intersectional, feminist, strength-based, and healing centred lens to support youth through their mental health and substance use concerns.

