

THERAPEUTIC INTERVENTIONS  
DESIGNED TO EMPOWER STUDENTS

# TIDES

YMCA YOUTH & FAMILY SERVICES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Our TIDES program is working diligently to support young people who are experiencing increased trauma and instability due to school closures, distance learning, and the impact of Covid-19 on families and communities.

**We offer school based counseling and teletherapy services to youth age 5-18.**



We have a dedicated team of licensed and pre-licensed clinicians, including marriage and family therapists, clinical social workers, and clinical counselors, that are ready to help. We strive to meet every individual where they are to create treatment plans based on an individual's strengths and needs.

**These mental health services are available to the entire family at no cost for those with Medi-cal or low cost depending on eligibility criteria.** Fees are assessed on a sliding scale depending on the client's ability to pay or dependent on eligibility criteria for free services.

**Questions? Contact**  
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 [www.ymcasd.org/yfs](http://www.ymcasd.org/yfs)

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For more information on mental health services, visit  
[www.ymcasd.org/mentalhealth](http://www.ymcasd.org/mentalhealth)

