

Our Mission:

To work at the community level to identify and fill gaps in the well-being of all youth, with an emphasis on advocating for and working with substance-involved and substance-affected youth.

Our Vision:

A community where all youth are healthy, safe, engaged, have meaningful opportunities, and feel like they belong.

Tax deductible donations can be made to:

Matsqui Abbotsford Impact Society
33228 Walsh Avenue
Abbotsford, BC V2S 1Z8

Contact:

Phone: (604) 853-1766

Fax: (604) 853-1793

Email: impactasap@telus.net

Web: www.impactabby.com

Impact receives major funding from:

- Fraser Health Authority
- Province of BC

Impact has also received grants and donations from:

- Telus Vancouver Community Board
- Coast Capital Savings
- Soroptimist International
- Fraternal Order of Eagles
- Delta Pacific Benefit Brokers
- Edenvale Retreat and Conference Centre
- United Way
- Sniperz Paintball
- City of Abbotsford: Parks, Recreation and Culture
- H.O.M.E. Society
- The Mad Butcher
- The Salvation Army



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Impact



Youth Substance Use Services

www.impactabby.com

Serving
Abbotsford & Mission
Since 1988

Who We Serve

- Youth age 12-24 with concerns or questions about their own or someone else's substance use.
- Family, caregivers and friends concerned about the youth in their lives.
- We also present to community groups, schools and at other relevant events and programs.

About Us

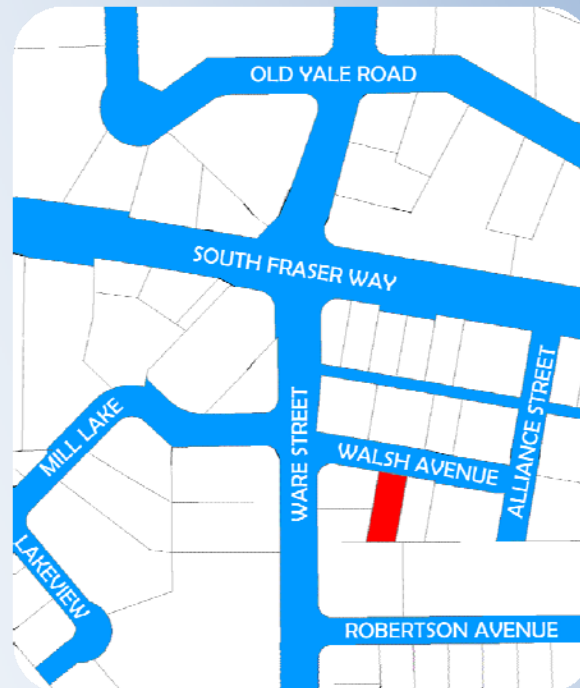
- All of our services are free.
- Our services are confidential, but we may involve other supports if someone is in danger.
- We acknowledge that the majority of people use some substances to some level.
- We acknowledge that experiences with substance use are varied.
- Youth don't have to want to stop using any or all substances in order to be involved with Impact services.
- Our goal is to help youth understand and pursue what is important to them.
- We don't assume we know what would be best for anyone.

If you are a youth, concerned family member or friend, contact us at:

- 604-853-1766
- impactasap@telus.net
- 33228 Walsh Avenue, Abbotsford, BC V2S 1Z8

If you are a referring agency or school:

- Fill out a referral form, found at www.impactabby.com/referral.doc & email to impactasap@telus.net or fax to (604) 853-1793.
- A counsellor will follow up with the referred youth to set up an initial session, usually within a week or less.



What We Offer

- **Individual Counselling** that may focus on anything associated with substance use, such as difficult feelings, thoughts, experiences, relationships, or other issues.
- **Parent and caregiver support** and educational groups with monthly follow-up meetings.
- **New Direction** group that introduces Impact's services and encourages critical thinking around substance use.
- **DIG (Drop In Group)** weekly group for digging into concerns, goals and questions in life and looking at how substance use might connect to these.
- **Activities**, including daily drop-in, weekly recreational programs, special programs on Pro-D days and during summer, winter and spring breaks.
- **Referrals** to and collaboration with other services in the community.
- **Family and couples counselling** around substance use related issues.