

# Youth Counseling

Youth Counseling combines connection, adventure, and learning to create meaningful growth opportunities for youth in a supportive community setting.



TRINITY  
*changes lives*

## What is Youth Counseling?

Youth Counseling is a long-term, one-on-one youth development initiative designed to support individuals aged 5 to 25 who are navigating mental health challenges or disabilities.

Participants are paired with dedicated Youth Counselors to work collaboratively on personalized goals, fostering growth and development.

## Youth Counselor's Role

- **Caregiver Collaboration**  
Youth Counselors actively engage with participants' caregivers to ensure a cohesive support system.
- **Session Planning**  
They design goal-oriented sessions tailored to each participant's unique needs and aspirations.
- **Transportation**  
Youth Counselors provide transportation to and from sessions, making our program accessible to all participants.
- **Documentation**  
Each session is documented to track goal progress.



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**55300 HWY 37, EAU CLAIRE, WI**

**HIRING@TRINITY-EC.COM**



**WWW.TRINITY-EC.COM**

