

# SERVICE OFFER OF AIRE OUVERTE



## MISSION

Help youth to address all of their health and wellness needs, at their own pace, in line with their values, by providing rapid access to services and support to find the right resource.



## FOR WHOM ?

Young people aged between 12 and 25 and their relatives who :

- Are ambivalent, unmotivated, reluctant or unwilling to use services already available
- Need support while waiting for services
- Are in a vulnerable situation, socially excluded, marginalized or have had a difficult life path



At Aire ouverte, young people are always in the right place to ask for support.  
There are no eligibility criteria other than age.



## SERVICES

- A welcoming, inclusive and youth-friendly space
- All services under one roof for : Mental, physical and sexual health, relationships, transitions and other support services
- Various social services
- Health services
- Occasional intervention and short-term follow-up
- Personalized support
- Awareness and prevention workshops
- Kiosks

## THE TEAM

*may change according to needs*

- . Social worker
- . Educator
- . Technician in special education
- . Primary care nurse practitioner
- . Youth worker
- . Sexologist
- . Peer helper (coming soon)



## YOUTH INTEGRATED SERVICES NETWORK

Together, contribute to the health and well-being of youth by :

- Developing and supporting community partnerships
- Coordinating a network of services for young people and their relatives
- Promoting community initiatives
- Acting as a liaison agent to support interventions and knowledge sharing between youth partners

## DETAILS

- Meetings at the location of their choice
- Response within 24-48 business hours
- Bilingual services
- No referrals needed



### Schedule

- Depending on the person's availability
- With or without appointment
- Visit the website for the latest schedule

## APPROACHES AND PRACTICES

- Global
- Partnership
- Systemic
- Motivational interview
- Brief, solution-oriented
- Harm reduction
- Outreach

## AIRE OUVERTE IS NOT ...

- a single entry point to CISSS services
- a living or recreational environment
- a shelter
- a crisis or emergency centre
- a place to sober up



## CONTACT US

We are located at 92 St-Raymond Blvd, local 403, Gatineau (QC) J8Y 1S7  
Young people, their loved ones and partners can reach us directly by :



819 966-6220



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<https://cisss-outaouais.gouv.qc.ca/aire-ouverte>



Scan the QR code to access the complete service offer  
(French version)