

**TRANSITIONAL**  
**AGE GROUP - TAG**  
FOR YOUTH 16 TO 22 YEARS OF AGE



Transitional Age Group will be  
held in the **Outpatient Mental  
Health Clinic** located in:

Oakville Corporate Centre  
6<sup>th</sup> Floor, 700 Dorval Drive  
Telephone: (905) 815-5140  
Fax Number: (905) 815-5076



Halton Healthcare



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TAG is an ongoing open ended therapeutic experience. New members, after a screening, may enter at any agreed upon time. The group is available for registered patients of the Child and Youth Program and Adult Outpatient Psychiatry at Halton Healthcare ages 16 to 22, male or female. TAG is appropriate for youth struggling with issues such as depression, anxiety and substance use.

As a therapy, TAG uses traditional group therapy principles. The group is designed and run by the members.

Each member is expected to have a goal for their treatment and contribute to the group such that they are progressing towards their goal. There is no set agenda. The group is not psycho educational. The members set the agenda each week and use the resources of the members to address the issues raised. Therapeutic leadership is provided by a Clinician.

The group promotes strong socialization skills; coping strategies; problem solving; healing and individual growth.

**The group has capacity to work with up to 8 members. People exit the group as they achieve their goals and celebrate their success.**

To become a member of the Transitional Age Group your family physician must have referred you to Mental

Health Services within the Hospital.

Your Psychiatrist then must recommend group therapy as part of your treatment plan. The Clinician responsible for the group will contact you and determine the fit with the group. You will then begin group therapy.