



EVERYTHING YOU WANT TO KNOW BEFORE MAKING A CHOICE

1. What items should I bring with me to VHYTC?

You will be involved in many activities while at Valley Hill. Please bring necessary personal items such as: hairbrush, toothpaste, shampoo, seasonal clothing (appropriate clothing for winter), swimwear, runners, indoor shoes/slippers and gym wear. Please refrain from clothing that (advertises/promotes chemical use and/or gang activity. We also ask participants not to bring colognes, and perfumes, hair spray, hair products or nail polish as Valley Hill is a "scent free" facility. We strongly discourage the lending of personal items, as this can create conflict as well as hygiene issues.

2. What do I need to take care of before I come to VHYTC?

Take care of appointments such as dental, doctor, and court dates etc. before you arrive at VHYTC.

3. Will I need any money while I'm in treatment?

Yes ...The usual amount to bring is \$20.00 a week. Your money will be given to you in \$10.00 amounts.

4. What about smoking?

Smoking is not permitted at Valley Hill Youth Treatment Centre and is also not permitted on outings, etc., while in VHTYC care. We are a non-smoking facility.

5. Can I have any visitors?

Visiting with your family is permitted at a specific time unless other arrangements are made. All visits must be pre-approved by the counsellor.

6. What about phone calls?

All phone calls require approval and are usually to family members only. Each participant is allowed a phone call each day between 6 – 7 pm, unless other circumstances arise.

7. Chores?

Participants will be assigned chores on a rotational weekly chore schedule.

8. Music

We ask that you do not bring your personal CD'S/IPods/MP3 players/laptops/etc.