

# PROGRAMS AVAILABLE

MANY SCHOOLS ARE FACED WITH THE CHALLENGE OF "SIDE-LINED" YOUTH. "SIDE-LINED" REPLACES THE TERM "AT-RISK", REFERRING TO YOUTH WHO ARE MORE LIKELY TO DROP OUT OF SCHOOL DUE TO DEMOGRAPHIC, SOCIO- ECONOMIC, MENTAL HEALTH AND INSTITUTIONAL FACTORS.



## AHEAD OF THE GAME

Youth mentors are desperately needed to provide companionship, support, and guidance to "side-lined" youth who are faced with:

Peer pressure  
Identity struggles  
Mental Health Challenges  
Home-life issues  
School disengagement

### PROGRAM OPTIONS

MENTORSHIP PROGRAM  
LEADERSHIP WORKSHOPS  
PARENT ENGAGEMENT WORKSHOPS  
CAREER MENTORSHIP  
MOTIVATIONAL SPEAKING  
POST-SECONDARY PREP  
"TRAIN-THE-MENTOR" FACILITATOR PROGRAM

### BENEFITS

Mentorship inspires, counsels and encourages. Children guided by a successful mentor:

Earn higher grades

Build positive healthy relationships

Have higher graduation rates

Are 46% less likely to use drugs

Are more likely to practice support seeking behaviour

## GET YOUTH BACK IN THE GAME

### AHEAD OF THE GAME MENTORSHIP

- 12 week program (1 day per week)
- 90 minute: 45 minute physical activity 45 minute Mentorship
- Each session is focused on a theme
- Theme examples: communication, mental health awareness, leadership, goal setting, stress management
- Certificate of Completion for each student

### LEADERSHIP WORKSHOPS

- Leadership themed workshop
- Certificate of Completion for each student

### PARENT ENGAGEMENT WORKSHOPS

- Approximately one hour in duration in the evening
- Themes to be determined by school

### CAREER MENTORSHIP

- 60 minute workshop
- Focusing on the creation of vision and goals

### MOTIVATIONAL SPEAKING

- 60 minute motivational assembly

### POST-SECONDARY PREP

### "TRAIN-THE-MENTOR" FACILITATOR PROGRAM

- Learn to create a safe space for positive development.
- Design engaging sessions plans
- Collaborate with others to enhance program outcomes