



Programs for Youth & Young Adults (ages 13-18+)

<i>Title</i>	<i>Description</i>	<i>Outcomes</i>
100 Ways to Squeeze a Lemon	This program encourages thinking outside the box to find unique solutions to difficult questions and challenges. Participants are guided through various activities and encouraged to work collaboratively when considering all the possible ways that one can squeeze a lemon and more!	The purpose of this program is to inspire creative thinking; it promotes collaboration and team building, critical thinking, and communication.
24/7 Health Tips	This program explores ways in which you can bring healthy practices into your everyday life. From sleep, to nutrition, to movement, and more, participants explore fun and creative ways to make a healthy lifestyle both enjoyable and rewarding.	This program offers a holistic approach to health and wellness; it lends to self-awareness, delayed gratification, and overall well-being.
Acceptance & Self-Esteem	This program encourages acceptance of others for their differences as well and acceptance of your own unique traits. Positive self-esteem leads to improved mental health, social relationships, school, and work performance, and allow for one to reach their full potential.	Participants leave this program with tools that help to build their self-worth as well as methods to combat times of negative self-thoughts.
Active Listening & Communication	During this program participants discuss the importance of active listening and how it can impact relationships, learning, and professional goals. Empathy is also discussed and practiced.	Aims to support skill development in areas such as non-verbal communication, manners, social etiquette, and empathy.

Active Living & Meal Planning	This program discussing the importance of movement and nutrition and ways to bring these into your routine with small manageable changes.	Aims to support a healthy lifestyle through exercise and realistic nutrition goals.
Art & Culture Around the World	During this program participants are guided through the different cultures around the world as well as explore a unique cultural art project as a group.	This program encourages global awareness, acceptance, creative exploration, and socialization.
Bingo	This fun and interactive Bingo program explores different styles of bingo including music bingo, social bingo, and more!	During this program, participants have the opportunity to engage in healthy competition in a fun and safe social environment.
Board Games	This program offers a virtual space to play new and familiar board games with peers and encourages positive sportsmanship.	This program fosters critical thinking, self-esteem, socialization, and numeracy.
Budgeting	During this program, participants discuss the importance of budgeting. The facilitator guides participants through practice exercises to help build understanding of the importance of budgeting when independently managing your money.	This program supports skill sets including organization, self-awareness, strategic planning and setting goals.
Building Self-Esteem	During this program participants are introduced to different tools that can build self-worth as well as methods to combat times of negative self-thoughts. Participants are encouraged to consider their own sense of self and what their internal dialogue sounds like.	This program promotes positive self-talk, encourages self-reflection, and introduces several exercises that foster self-love and acceptance.
Building Your Resume	During this program, the facilitator guides participants through a mock	Promotes an enhanced understanding of the building

	<p>resume and outline the various key elements that can be included. Participants have the opportunity to build their own resume and receive support from the facilitator and their peers along the way.</p>	<p>blocks to creating a resume, professionalism, and self-awareness.</p>
The Business of Pet Care	<p>This program is for participants with pets or considering getting a pet. The facilitator explores healthy habits to be practiced as a responsible pet owner, and the many things to consider before getting a new pet.</p>	<p>This program explores the healthy habits of a good pet owner, and the skills sets required including reliability, organization, time management and empathy.</p>
Cardio	<p>Participants can learn the benefits of incorporating a regular cardio practice into their weekly routines and how to properly fuel their bodies for this style of exercise.</p>	<p>This program aims to support physical literacy, gross motor skills, spatial awareness, and socialization.</p>
Card Making	<p>This seasonal program aims to provide participants with inspiration and support from peers to create various styles of cards to be shared with the special individuals in their lives.</p>	<p>This program lends to creativity, fine and gross motor skills, emotional regulation, and socialization.</p>
Career Discovery	<p>During this program, participants have a safe space to consider various career paths that best suit their lifestyle. Participants have opportunities to research what a day in the life of specific careers of their interest might look like.</p>	<p>Aims to support confidence in exploring a variety of career paths with an emphasis on personal interests, skill sets, and goals.</p>
Comedy Club	<p>This program offers a safe, respectful space for participants to be silly and explore their personal sense of humor. Participants have the chance to exchange jokes with their peers and try out other silly and fun activities as a group.</p>	<p>This program lends to emotional regulation, socialization, creativity, and relaxation.</p>

Commuting In Your Community	During this program, participants are guided through the different ways that they can commute in their own communities. Participants are given demonstrations and support on using digital maps as well as search what is available to them in terms of busing, cabbing, bike baths, and more.	This program aims to increase confidence and independence through the understanding of commuting options and strategies.
Cooking Club	These hands-on and interactive programs give participants an opportunity to practice their cooking skills with snacks, breakfasts, easy lunches, and more!	Reviews kitchen safety and useful cooking tips while promoting confidence and independence in the kitchen.
Creating Routines	This program explores creating morning and night routines and how they can help to create a foundation to individual goals. Participants are provided with templates and various strategies that they can use to implement healthy routines in their everyday lives.	Explores how to create healthy and productive morning and night routines that lend to a healthy lifestyle and personal goal development.
Creative Writing	These programs explore a variety of writing styles and genres, alongside breaking down the essential elements to each. Participants engage in a series of writing activities to encourage creativity and new ideas.	Creative writing lends to therapeutic expression, communication skills, and the exploration of new perspectives and ideas.
Cyberbullying	This program explores how to identify and react to cyberbullying through practicing online etiquette and being a positive online role model; participants are encouraged to promote a safe anti-bullying space.	Aims to promote empathy, self-awareness, and advocacy for yourself and others.

Dance Exploration	This program encourages participants to explore and practice different styles of dance. With the guidance of the facilitator, participants collaborate with their peers to create their own dance routine.	Participants are encouraged to explore new movements and practice building confidence, creativity, and spatial awareness.
Daring to Dance	During this program, participants are guided through a short, choreographed dance routine, and an opportunity to work as a team to create their own dance!	This program encourages artistic expression and promotes confidence, self-esteem, empathy, and physical literacy.
Design & Dazzle	This program explores innovation and creativity through the concept of design. The program explores buildings, clothing, and cars (but not limited to)! Participants work collaboratively or independently to tap into their design skills.	This program promotes curiosity, spatial awareness, and individuality through the exploration of design.
Domains of Well Being	This program explores the social, physical, mental, and spiritual domains of wellbeing and everyday practices and activities that can help to enhance them.	Aims to support a holistic lifestyle. This program explores varying tips and strategies to intentionally bring contentment in everyday life through determining leisure interests and personal goals.
Drama Showstoppers	During this program, participants engage in a series of icebreakers that promote self-expression and improvisation. As a group, participants can create their own short skit with the guidance of the facilitator.	This program encourages participants to step out of their comfort zone, and promotes confidence and self-esteem, creativity, and public speaking skills.
Dungeons & Dragons	During these programs, participants can build their own characters; with the guidance of the Game Master participants have the chance to explore and face various challenges.	Players work together to navigate through challenges, peril, and puzzles all under the guidance of their Game Master.

Environmental Awareness	During this program, participants are be encouraged to consider the ways in which they practice environmental awareness and ways that they can improve. Participants are be encouraged to strategize eco-friendly habits that they can bring into their own home, and their community.	This program encourages participants to consider the big picture, their day-to-day actions and how they impact the environment. It lends to empathy, self-awareness, and team building skills.
Exploring Diversity	This program explains what diversity means and how individuality can make the world a more interesting and exciting place to live in.	This program aims to promote global awareness, acceptance, kindness and empathy, and common interests.
Exploring Identity	This program encourages participants to consider their own identities and the various elements that impact who they are as a person.	This program lends to self-awareness, goal setting, communication, and self-esteem.
Game Shows	During these programs participants can work as a team with their peers to play various familiar game show activities such as Family Feud, Wheel of Fortune and more!	This program aims to support positive sportsmanship, critical thinking, processing skills, and teamwork.
Gardening: Lets Grow	During this program participants explore the physical and mental benefits that gardening can have on their well-being. Participants have a hands-on opportunity to plant seeds and explore various tips and strategies for plant care.	Aims to promote healthy living and mindfulness through the art of gardening. Working with plants can promote positive sensory stimulation, decrease stress and anxiety, and increase self-awareness.
Global Citizen Poster	This program gives participants a space to come together with their peers and create an art project that represents ways in which they practice healthy and positive citizenship at home and in their communities.	Through this session, participants connect their learning and reflections to the world around them continuing to explore being a global citizen. This program lends to creativity and socialization sills.

Grief & Loss	During this program, participants are presented with various coping strategies to help navigate and cope with grief and loss. Through poetry and art, participants consider new perspectives when faced with potentially the most difficult of circumstances.	With the guidance of the facilitator, participants explore poetry and art as an effective coping strategy when experiencing grief and loss. This program aims to foster emotional regulation, empathy, resilience, and communication.
Grocery Game	This program is a fun way to practice budgeting. Participants interact with a series of challenges where they are provided with a specific budget and can choose between various options while still staying within it.	During this program participants explore budgeting in relation to grocery shopping; this program promotes planning and organization, strategic thinking, and prioritizing.
Growth vs Fixed Mindset	Explores the difference between a growth versus fixed mindset and how to practice “The Power of Yet” when learning new skills and engaging in new experiences.	Aims to support a positive attitude, perseverance, and confidence.
Healthy Food Choices	This program discusses the importance of healthy eating and gives participants various activities and exercises to creatively bring healthier eating habits into their everyday routines.	This program aims to provide active and fun activities that help participants learn how to make healthy food choices through implementation of Canada’s Food Guide and knowledge of nutrition labels and ingredient lists.
Healthy Relationships	Explores the qualities of healthy romantic relationships, advocating for oneself, and the importance of independence and personal interests.	Aims to super interpersonal skills, communication, and self-worth.
Healthy Spending Habits	This program explores how to decrease feelings of overwhelm due to lack of	This program lends to goal setting, financial literacy, self-

	<p>knowledge about finances and aims to empower participants to become more independent and confident about money.</p>	<p>awareness, and strategic thinking/problem solving.</p>
HITT Training	<p>Participants have an opportunity to explore different styles of HITT workouts and even create their own. Participants have the chance to put their learning to the test during a group HIIT exercise.</p>	<p>Promotes perseverance, emotional regulation, and focus.</p>
How to Approach People	<p>Participants discuss the emotions that can arise when approaching new people and situations and strategize coping methods to help reduce social anxiety.</p>	<p>Aims to support confidence, stress management, emotional regulation, and communication skills.</p>
How to Be a Good Roommate	<p>During this program participants explore the many things to consider when having a roommate and different practices and habits to consider when living with someone else.</p>	<p>Promotes empathy, compromise, and active listening while exploring the many elements of sharing a living space.</p>
How to Draw: Self Portrait	<p>This interactive program guides participants through a step-by-step tutorial on creating their own self portrait alongside their peers.</p>	<p>This creative exploration program supports self-awakeners, personal identity, confidence, and socialization.</p>
How to Monitor Screen Time	<p>Participants discuss what an average amount of healthy screen time looks like, the benefits of reducing screen time, and provide accurate and safe statistics.</p>	<p>This program helps to support independence, responsibility, self-awareness, and positive decision making.</p>
Impacting Your Community	<p>During this program participants explore the many ways in which individuals can impact their communities and the benefits that this can have on social health and well-being. Participants also have a chance to consider role models</p>	<p>This program utilizes skill sets and ideas from the global citizen workshops to explore different ways individuals can make an impact on their community. Participants engage in creating a</p>

	in their communities and ways in which they can mentor others.	sense of connection, self-esteem, and leadership skills.
Interviewing Skills	During this program, participants watch a mock interview and compare the good interview strategies from the bad. With the guidance of the facilitator, participants consider the elements of a good interview and how to practice professionalism and confidence when applying for jobs.	Aims to demonstrate the elements of a good interview with emphasis on active listening, professionalism, and confidence.
Journaling	During this program, participants explore the art of journaling and the benefits it can have on mental health and well-being. Participants discover various styles of journaling as well as prompts to help guide their practice.	Promotes an everyday wellness routine that can support mental, emotional, and spiritual well-being. This program lends to an improved outlook on life, self-awareness, empathy, and patience.
Karaoke	This program gives participants a safe and respectful space for participants to express themselves and practice their singing independently or as a group.	This program promotes courage and self-expression in a space that is accepting, encouraging, and free of judgement.
The Kindness Project	This program places an emphasis on random acts of kindness and the ripple effect this can have on your community. Participants are encouraged to consider ways they practice kindness in their day-to-day lives, including to themselves.	This program explores kindness through various lenses while encouraging participants to be empathic to one another and understand the impact that kindness has.
Leadership & Entrepreneurship	Participants are encouraged to consider the good leaders in their lives and what qualities they possess. As a group, participants discuss the concept of entrepreneurship and how to explore this path to meet personal goals.	Critical thinking and positive responses to life-based situations are practiced; fostering self-efficacy, self-esteem, and self-expression while exploring how we can implement skills of leadership into our everyday practice.

Learn to Draw	In this program, participants are guided through a handful of step-by-step drawing tutorials. Participants are encouraged to add their own creative flare to their pieces and socialize with their peers along the way.	Drawing lends to self-care practices, self-regulation and information processing through following steps and fine motor skills.
Life During Covid	This program provides participants with a safe space to discuss the impacts and emotions that come with living through a pandemic. Participants collaborate to brainstorm coping strategies to help make isolation a more manageable process.	This program lends to empathy, emotional regulation, active listening, and comparison for one another.
Making Decisions	During this program, participants discuss what can make decision making so challenging, and ways to reduce uncertainty and anxiety. Participants are presented with various scenarios and work together with their peers to practice healthy decision making.	Promotes skill sets such as problem solving, strategic thinking, and confidence when tackling challenging decisions.
Making Music	During this program, participants are encouraged to work together in creating and performing music. Participants have the opportunity to create a DIY musical instrument as well as explore various instrumental families.	Lends to collaboration, leadership, communication, and social skills.
Making Space for YOU	This program places an emphasis on the benefits and importance of solitude. While socialization can be equally as healthy and enjoyable, spending time alone can be fantastic for your well-being. Participants are encouraged to consider the ways they like to spend	Explores the benefits of spending time alone and how to make space for leisure and relaxation.

	time alone and how solitude makes them feel.	
Managing Your Schedule	Participants have an opportunity to explore various ways they can manage their schedule and consider the one(s) that work best for them based on their lifestyle. Participants explore the elements of the individual schedules and practice prioritizing and time management.	This program encourages participants to take responsibility of their own schedules and promotes independence, strategic thinking, organization, and self-esteem.
Meditation & Mindfulness	This program explores the difference between meditation and mindfulness and how it can impact your overall health and happiness. Through a series of guided activities and exercises participants have the opportunity to practice these skills and be provided with resources and strategies to bring them forward after the program.	Participants explore the many benefits of incorporating a mindfulness practice in the everyday routines. This program aims to promote self-care, emotional regulation, mental well-being, and resilience.
MMA	With the guidance of the facilitator, participants explore different forms of MMA and can practice fundamental movements for each.	Through following instructors, coordinating movements and practice building listening skills, memory, gross motor skills and having a growth mindset as we learn new things.
Multicultural Studies	These program series explore various languages as well as cultures where these languages are most frequently spoken. Participants have the opportunity to practice the basics of a new language and explore the traditions, cuisines, and scenery of the countries that speak to them.	These programs suppose global awareness, communication, empathy, and acceptance through the exploration of cultural customs and language.
Olympic Sports	During this program, participants explore various Olympic sports and	This program offers educational and physical components that

	practice fundamental movements to challenge themselves and explore new interests.	support awareness, empathy, personal development, and physical well-being.
Online Job Search	This program helps participants to navigate the different ways to search for a job and consider the increasingly popular online job boards. Participants are guided through a mock job posting and supported in navigating the different key elements.	Explores various methods to search for a job while supporting independence, attention to detail, and- critical thinking.
Origami	As a group, participants explore the ancient practice of origami. Participants are guided through step-by-step tutorials on how to create simple origami pieces. With the guidance of our facilitator, participants learn how they can take their origami practice outside of the program to be shared with others.	Lends to patience, emotional regulation, creativity, and fine motor skills.
Personal Hygiene & Self-Care	This program discusses the importance of a good hygiene practice for personal and professional success. Participants are provided with tips and strategies to implement healthy self-care and cleanliness practices in their everyday lives.	Promotes healthy habits and independence in relation to taking care of one's own body and mind.
Photography	Participants come together with their peers to explore various styles and techniques of photography. Participants have the opportunity to determine their personal taste in photography and are guided through tips and settings on their own cameras. All technology is welcome.	This program aims to offer an outlet for creative expression which can lend to improved self-esteem, emotional regulation, and mindfulness.

Pilates	Participants are guided through a warmup, a series of Pilate movements, and a cool down. Participants explore the benefits of Pilates, how it differs from yoga, and resources where they can practice independently.	Promotes physical and mental well-being, confidence, and patience.
Positive Social Media Role Models	During this program participants consider those they follow on social media and whether they positively influence them.	This program offer participants an understanding on the potential benefits to social media and how to use their judgement when determining who to follow and how to control how it impacts their everyday lives.
Postcards For Seniors	During this program, participants explore thinking about the older adults in their lives, whether it be family friends, neighbors, etc. With the guidance of the facilitator, participants create a postcard including writing and/or drawing to demonstrate a random act of guidance for someone who may need it most.	Participants explore empathy and compassion by putting themselves in other's shoes and through decreasing the sense of isolation that seniors are currently facing.
Privacy Settings	Through activities, worksheets, visuals, and discussions participants explore all aspects of online privacy and differences in privacy settings.	This program lends to self-awareness, responsibility, independence, and problem-solving skills.
Problem Solving	Participants explore various challenging circumstances and work together with their peers to solve difficult problems.	This program lends to critical and strategic thinking, independence, and team building.
Professional Boundaries & Barriers	This program starts by discussing the concept of boundaries and how to set and respect boundaries in the workplace. The facilitator also explores what barriers are and encourage participants to consider the barriers they face when applying for work.	Promotes self-awareness through setting up professional boundaries in the workplace with an additional emphasis on advocacy

Rights & Responsibilities Online	This program discusses the useful resource of the internet and how to use it safely and responsibly to protect yourself and others. This program helps build awareness so that participants can feel confident and comfortable in their online exploration and use the internet with their best interests in mind.	Aims to promote independence, empathy, and healthy decision making,
Saving & Investing	This program covers explanations and strategies for saving and investing your money. Participants have a safe place to ask questions and be encouraged to engage in activities to help build understanding.	This program aims to promote strategic planning and goal setting, organization, and self-awareness.
Setting Up for Success	This program focuses on goal setting and how to set SMART goals. Participants are encouraged to consider their career goals and be supported in creating an individualized plan for success/	Explores the process of setting SMART career goals and the steps required to accomplish them.
Social Etiquette	This program explores healthy interpersonal skills and utilizes activities and role play to help foster confidence in social situations.	Social Etiquette aims to foster confidence and self-esteem while helping to combat social anxiety.
Strength Training	Participants discuss the benefits of strength training and the importance of fostering safe and healthy practice. Participants are introduced to and practice various strength training techniques that support the different muscle groups and can be done at home without equipment.	This program aims to promote physical literacy, spatial awareness, patience and resilience, and gross motor skills.
Survivor Team Building	This program offers a variety of team building challenges and exercises that participant can work on, with their peers to accomplish.	Participants complete a series of challenges that help enhance teamwork skills, planning and

		goal setting, as well as communication skills.
Talent Show	During this program, participants have a safe and respectful space to show off their unique talents to their peers.	This program promotes stepping out of one's comfortable zone and encourages confidence, skill sharing, socialization, and empathy.
This Is Us Poster	This program encourages participants to consider their "group identity" by creating a unique puzzle poster that highlights everyone's differences and commonalities.	Participants gain further insight on themselves and others building an increased sense of self-esteem, confidence, and connection to others.
Time Management & Organization	Reviews a variety of tools and techniques for maintaining organization and effectively managing and prioritizing responsibilities.	Promotes self-awareness, strategic planning, and productivity.
Trivia	During these programs, participants work independently or as a team to accomplish various trivia challenges and explore new and familiar themes and categories.	This team building program aims to support critical thinking, socialization, and positive sportsmanship.
Understanding Anger	During this program, participants discuss various strategies to help understand and cope with feelings of anger. Participants consider the different approaches to managing anger in the moment, while also building healthy habits to process feelings of anger before they become explosive.	This program encourages patience and mindfulness while promoting skills sets such as empathy, self-awareness, and resilience.
Understanding Leisure Interests	This program is an opportunity for participants to collaborate with their peers to consider the ways that they most enjoy spending their time. Through a survey and other activities participants navigate how their leisure	Participants are supported in identifying leisure interests while being exposed to new ideas. Participants leave the program with a tool kit of leisure

	interests positively impacts their lives and well-being.	activities to pull from and refer to in times of stress.
Vision Boards	Participants learn how to bring their goals to life by creating and using a vision board as a source of inspiration and motivation to achieve these goals. Participants have the option to create their vision board digitally or by hand and are encouraged to share their goals and passions with their peers.	This process lends to a growth mindset, positive self-awareness, planning and creativity.
Volunteerism	This program explores the many benefits of volunteering, both in terms of personal advancements as well as for your community. Participants are encouraged to consider their own volunteer history and explore ways they can get involved.	Promotes community engagement, generosity, and empathy with an emphasis on building new skills and gaining experience.
Website Design	The program explores the resources, tools, and skill sets required for designing a website. Participants work together as a team to brainstorm unique ideas and designs, with step-by-step guidance from the facilitator.	Aims to promote creativity, collaboration, and special organization.
What Is Creativity?	During this program, participants explore ways in which they are creative in their everyday lives. Participants are encouraged to consider new ways to enhance their creative mind as well as the many benefits creative hobbies can have on mental well-being.	The goal of this program is to provide insights on creativity and how it can be captured and explored differently for everyone.
What Is Credit?	Credit can be difficult to navigate, however it can also lend to independence for young adults. This program discusses healthy habits related to having a credit card and the dos and don't's of borrowing money.	This program helps to break down the common questions around credit and help to build confidence, independence, and responsibility.

<p>The Winter Blues & Blahs</p>	<p>Winter can be a challenging time for some, and it is normal to feel down from the short days and cold weather. During this program participants are encouraged to take on a new perspective that focuses on everyday pleasures and ways to connect and manage low mood.</p>	<p>Participants are encouraged to collaborate with one another to brainstorm coping strategies that help to alleviate the challenges that sometimes come in the winter months. This program aims to support mental-wellbeing, emotional awareness, empathy, and coping.</p>
<p>Workplace Health & Safety</p>	<p>This program focuses on the importance of safety in the workplace and discusses the many potential dangers that can be faced in various career types.</p>	<p>Promotes self-awareness through setting up professional boundaries in the workplace with an additional emphasis on advocacy.</p>
<p>Workplace Readiness Skills</p>	<p>During this program, participants discuss the difference between hard and soft skills. They are encouraged to consider their areas of strength in each as well as areas for improvement.</p>	<p>Promotes self-awareness through the exploration of personal strengths and weakness while offering guidance on fundamental skill development.</p>
<p>Yoga</p>	<p>With the guidance of the facilitator, participants can practice proper breathing techniques to incorporate with movement in yoga. Participants explore various yoga patterns and resources for continued practice beyond the program.</p>	<p>Yoga promotes self-regulation and coping through self-awareness and patience.</p>
<p>Zentangles</p>	<p>This unique program brings together art and mindfulness. Zentangles are a relaxing and therapeutic practice; participants are guided through various</p>	<p>The bulk of the program is spent exploring Zentangles as a group and sharing in the experience. This program aims to promote emotional regulation,</p>

	tutorials and provided with templates to practice their own zentangles.	relaxation, self- awareness, and artistic expression.
Zoom 101	This program guides participants on how to use Zoom independently, helping them to navigate the various features and settings with the goal of joining virtual groups and other meetings independently.	This program explores the steps required to independently log onto a Zoom call and manage your screen; it promotes independence, confidence, and patience.
Zumba	This program combines the fun of dance and exercise. Participants are guided through zumba tutorials and can build their own zumba routine to a song of choice.	This program aims to support emotional regulation, stress management, socialization, and physical literacy.