

'POSITIVE STRIDES' Intervention & Educational Programs

WORKING THROUGH WORRIES * NEW *

Brief 4-session 'customizable' one-on-one program for youth (7-17) that will help them to gain meaningful insight into their worries and stress, and learn new skills they can put to use right away, to tackle both! Youth will learn about the effects of stress and anxiety on the mind and body; cognitive distortions; triggers and coping skills (specific to them), and self-care practices.

TEEN INTERVENE

A brief, evidence based intervention program for youth aged 12-17 years who are suspected of experiencing mild or moderate problems associated with drugs and/or alcohol. Goal: to increase the youth's readiness to change and make healthier choices. This program consists of three one-hour sessions (with an optional parent component).

CAUGHT IN THE NET

Covers a wide range of issues that youth today are faced with due to ever-evolving digital world, including social networking sites and apps. Educates on topics such as cyberbullying and sexting – and the various consequences (legal and emotional) associated with those behaviours – as well as online safety and potential for risks (i.e. human trafficking). This program gives youth the tools to recognize the importance of setting 'digital boundaries' plus how to do so, and ultimately strives to develop responsible 'digital citizens.' This program is often delivered in 4-6 sessions for youth aged 10-17.

SUBSTANCE USE PROGRAM

This evidence based, in depth program is rooted in cognitive behavioural therapy, and designed to assist youth aged 12-17 in achieving goals of harm reduction. Key topics can include: self-discovery, understanding dependencies, understanding risk and protective factors, and key elements of change. The program is tailored to individual needs of the youth; involvement can range from 8-12 sessions.

MANAGING ANGER & AGGRESSION

With 25 different lessons to choose from, this evidence-based program is structured to meet each youth's individual needs. Key topics: change talk, anger triggers, assertion and communication skills, coping skills, conflict resolution, peer pressure, and avoiding violence. This program can be tailored to youth aged 7-17; number of sessions varies based on one's specific needs.

THEFT & VANDALISM

This brief intervention is focused on educating youth about the greater consequences of shoplifting and vandalism, allowing them to better understand 'the ripple effect' of their actions. This program is often delivered in 2-3 sessions and aims to deter youth from shoplifting and engaging in vandalism in future.

ANTI-BULLYING & HARASSMENT

This program is designed to help youth understand the risks involved with participating in bullying behaviours, while fostering positive social skills such as leadership, assertion, advocacy, and empathy for others. Goal: to educate our youth in problem resolution strategies, in order to decrease the use of bullying behaviours. Individualized sessions available for youth aged 7-17; can be tailored to both perpetrators and victims of bullying and/or harassment.

DEALING WITH EMOTIONS

This program covers a wide range of issues that youth may be struggling with, such as: communication skills, low self-esteem, anxious and/or 'low,' depressive feelings, peer pressure, and goal setting. Youth are provided with tools to identify and appropriately communicate about their range of feelings, and to reach and maintain a strong level of confidence, balance, and self-worth. This program can be tailored to youth aged 7-17; number of sessions varies based one's specific needs.

TO LEARN MORE:

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