

Mothers and Daughters in Touch

Created by Youville and approved by Healthy Child Manitoba, this is some dedicated time just for Moms with their girls. The program is offered in two levels: 9-11 year old daughters and 12-14 year old daughters. The program runs for 8 weeks with a focus on communication, self awareness, healthy self esteem, and most of all FUN! We run two rounds of program per year (fall and spring), accepting a maximum of 8 mother/daughter pairs in each age group. Registration is FREE, but space is limited.

Strong Active Girls Encouraged (SAGE)

Positive peer mentorship group for twelve junior girls (grades 4 - 6) and twelve senior girls (ages 15 -19). Ten weekly group sessions focusing on the "Whole You"; family and friends, creativity, spirit and body. The program is FREE, though registration is required.

Making Connections

Exclusive to students directly referred by Sunrise School Division.
Alternative academic/life skills programming using close community-school-home partnership.

Community Resource Centre 17-31 First St. S.(Hew Building) Beausejour, Manitoba

Our facility includes:

- Lending library
- Coffee support drop-in
- Counselling supports
- Community network meetings
- Space available for family meetings and parent-child playroom.

For more information,
contact us at:

Box 1698,
Beausejour, Manitoba, R0E 0C0
Phone: (204) 268-2506
Cell: (204) 268-5922
Fax: (204) 268-9490
Web: www.network4change.ca



(204) 268-2506
www.network4change.ca

Road 2 Success

A client centered program designed to assist youth in overcoming barriers and challenges through a holistic and comprehensive approach to care.

Through the coordination of integrated services assist youth ages 16-29 in overcoming their personal & environmental challenges allowing for the opportunity to experience success in reaching personal goals.

- * Opportunity to Experience Success
- * Building Self Esteem & Confidence
- * Life, Employment and Social Skill Enhancement
- * Positive Community Connection
- * Cooperative Self Management
- * Team Building Experience
- * Supportive Guidance

Program participants will have the opportunity to engage in a number of different workshops;

- * Pre-Employment skill development
- * Life Skills - Independent Living Skills
- * Personal Wellness - self esteem enrichment
- * Driver's Prep - tutor supports preparing to write the beginner's exam
- * Connecting Youth to Community - positive community service projects

Alternative Learning Program

An off-campus extension of Edward Schreyer School. The program is staffed with one classroom teacher, working in conjunction with the ESS Student Services Team (Resource, Guidance and Administration). All courses completed by students in the program are credited through ESS. The program is designed to provide an alternative opportunity for students who have experienced difficulty coping with structure and requirements of the regular classroom at the high school level. The content of the courses offered is based on provincial curriculum, as it is on the campus of ESS, but the method of delivery and the structure of the school day offers students the flexibility they may need to succeed at this level.

Courses are delivered as independent modules which students may complete at their own pace. Some adaptation of content may be offered, as long as it is consistent with the provincial requirements for the course offered, but the program is not designed to provide special needs students with modifications to the curriculum.

While the structure of the school day and the presentation of the courses through independent modules offer students a greater degree of flexibility, it also requires a greater degree of self-discipline and independent learning. Space is limited and it is required that students who attend will make productive use of the opportunity presented to them.

N.O.T. on Tobacco

Each day, nearly 4,800 adolescents (aged 11-17) smoke their first cigarette; of these, nearly 2,000 will become regular smokers. Approximately one-third of these young smokers will eventually die of smoking-related illnesses. Of adolescents who have smoked at least 100 cigarettes in their lifetime, most of them report that they would like to quit but are not able to do so. The American Lung Association's Not On Tobacco (N-O-T) offers schools and community groups a unique, proven program for helping these teens quit.

This is designed specifically for teens, is voluntary and non-punitive, and uses a gender-sensitive, 10-session curriculum. Volunteers trained by the American Lung Association facilitate the sessions.

Registration is free and open to youth ages 14-18 years old. Wednesday Afternoons (Registration Required) 1p-3p @ N4C Community Resource Centre

Healthy Independence Program

This program supports youth in care as they transition to independent living. It promotes skill development in the areas of housing, finances, daily living, accessing community resources, and roommate agreement and mediation. These youth are connected to the people and resources that make up their community and have access to on-call support and solution-based problem solving.