



September 14, 2011

Dear Community Partner,

Attached you will find The Youth Centre's Community Partner Information Package. This package outlines the different types of programs and services that are available to your clients and groups. We hope that you will review this information and forward it to the most appropriate contact person within your agency.

Should you wish to discuss further, please contact us to arrange an appointment to discuss the complete range of programs and services that The Youth Centre provides, and to answer any questions you may have. This package is also available on our website on the "Resources" page at: www.theyouthcentre.ca.

Thank you so much for taking the time to review this information. We look forward to working together to meet the needs of your clients.

Sincerely,

The Youth Centre
Health Promotion Team

Amy Nagel, amyn@theyouthcentre.ca
Kelly Ng, kellyn@theyouthcentre.ca
Amy Rukaruck, amyr@theyouthcentre.ca

Community Partner Support

Healthy Relationships

Group presentations *Healthy Relationships*
Healthy Communication
Healthy Decision-Making

Substance Use

Group Presentations *“Under The Influence” – Substance Use Presentation*
“ You Are The Target” – Tobacco Denormalization
Presentation

Group Programs **Quit Smoking** – weekly quit smoking group program
facilitated by a health promoter

Individual Programs **Quit smoking kits and counseling** – any youth or young
adult age 13-29 years old can receive one-on-one quit
smoking sessions with a health promoter and/or a quit
smoking kit FREE!

Mental Health

Group Presentations *“Stress Management For Teens”*

Healthy Living

Group Presentations **Healthy Eating**
Body image

Character Education

Group Presentations **Bullying Awareness**
Leadership, Teamwork and Communication

Healthy Relationships

Healthy Relationships

In this interactive workshop, the following topics are explored through games, discussion, group work, and scenarios:

- Qualities we look for in a partner
- Knowing the signals – healthy vs. unhealthy relationships
- Appropriate vs. inappropriate behaviour

Healthy Communication

In this interactive workshop, the following topics are explored through games, discussion, group work, and role-playing:

- Types of communication
- Active Listening
- Why are communication skills so important?
- Steps for Delivering an Assertive Message
- Pressure Lines and Refusal Skills

Healthy Decision-Making

In this interactive workshop, the following topics are explored through games, discussion & group work:

- Decisions & decision-making - how do we decide?
- Peer pressure
- Steps for making any decision
- Weighing the Pros & Cons
- Personal boundaries & limits – importance of setting limits, and respecting them

For more information or to book one of these workshops, please contact Amy Nagel at: amyn@theyouthcentre.ca.

substance use

Group Presentations

“Under the Influence” - Drug Awareness Presentation

The session focuses upon marijuana and alcohol; however, it can be tailored to meet the need of your school. The session will engage students to think critically about substance use, it will pose questions such as why do some teenagers use drugs and others do not? What are some risk and protective factors? The session can vary in length to meet needs of the classroom and/or school.

“You Are The Target”-Tobacco Denormalization Presentation

This workshop will aim at denormalizing the tobacco industry. The workshop will uncover the truth behind the lies and deception of an industry that has for long preyed on young people to take up their product in order to replace their dying clientele. Students will investigate different tactics used by the industry, examine the history behind tobacco product manipulation and critically analyze the power of mass media as it relates to the tobacco industry.

Group and Individual Programs

Quit Smoking

A health promoter will visit your group to facilitate an on-site smoking cessation program. The health promoter will talk about the benefits of quitting smoking, different ways to quit, how to set goals and how to get support and find resources. During the program we will provide appropriate resources as well as free Quit Smoking Kits.

For more information, or to book any of our substance use presentations or programs, please contact Amy Rukaruck at: amy@theyouthcentre.ca.

healthy living

Group Presentations

Healthier Eating Presentation

This fun and revealing session is designed to empower youth regarding healthy food choices. Discussion topics may include:

1. *Eating well with Canada's Food guide*
2. *Healthy eating and healthy weight*
3. *Fad Dieting and body image*
4. *Reading food labels*
5. *Importance of having healthy breakfast*
6. *Fuel for school: Healthy lunches and snacks*
7. *Facts on Snacks*
8. *Eating well while eating out*
9. *Why is too much sugar an issue?*
10. *Why is too much fat an issue?*

Other topics can also include: vegetarian diet, sports nutrition or any other nutritional concerns the students may have.

Participants will use group work, games and hands-on techniques to learn about making nutrition a part of everyday life. The class will make and sample a nutritious snack, which is easy to make at home.

Referrals for individual *Healthy Eating 1on1* appointments with a Dietitian at The Youth Centre are also welcome. For more info or to book this presentation, please contact Daisy Sharma at: daisys@theyouthcentre.ca.

Body Image Presentation

This workshop explores body image, self esteem, and how the media can influence our concept of beauty, and how we feel about ourselves. The workshop also briefly explains eating disorders, how to recognize warning signs, and provides tips for building a healthier body image.

For more information or to book this presentation, please contact Kelly Ng at: kellyn@theyouthcentre.ca.

mental health

Classroom Presentations

Stress Management for Teens

This interactive presentation explores the topic of effective stress management with students. Teens manage busy lives and juggle many responsibilities including family, school, friends, part-time jobs, and extra-curricular activities. This workshop gives participants an opportunity to learn what stress is, and how it can affect their minds and bodies. The workshop also invites participants to think about developing some positive coping strategies that will serve them well throughout their entire lives.

Discussion topics include:

- Defining stress
- How stress can affect our minds and bodies.
- Causes of stress
- Healthy and unhealthy coping strategies
- Relaxation and stress management techniques
- Helpful resources

Our experienced Health Promoters facilitate this presentation. Three weeks advance notice is required for bookings.

For more information or to book this program, please contact Kelly Ng: kellyn@theyouthcentre.ca.

character education

Group Presentations

Bullying Awareness Workshop

This workshop can be tailored to your needs in terms of content and length. A short discussion with the coordinator at least two weeks prior to the session is necessary to prepare appropriately (to discuss organizational policy/experience with bullying, group dynamics, etc).

Discussion topics can include:

- A discussion of what defines bullying
- Different types of bullying such as social bullying, cyberbullying, sexual bullying, etc.
- Gender dynamics
- Effect of bullying on victims
- Why do people bully?
- What is a bystander?
- Why do bystanders often do nothing?
- How can bystanders help?
- Tattling vs. reporting
- What can you do to avoid and prevent bullying
- School position on bullying
- Brainstorming possible anti-bullying activities
- Resources

This is an interactive session and can include a number of components including discussion, audio visual aids, role playing, group work, interactive activities, etc.

For more information or to book this presentation, please contact Kelly Ng at: kellyn@theyouthcentre.ca.

Leadership, Teamwork and Communication

This workshop can be tailored to your needs in terms of content and length. A short discussion with the coordinator at least two weeks prior to the session is necessary to prepare appropriately.

Discussion topics can include:

- Leadership qualities and skills
- Leadership styles
- Conflict resolution
- Communication
- Working in a team

This is an interactive session and can include a number of components including discussion, audio visual aids, role playing, group work, interactive activities, etc.

For more information or to book this presentation, please contact Amy Rukaruck at: amy@theyouthcentre.ca.

YOUTH OUTREACH WORKER PROGRAM

Why....

Prevention and early intervention for youth at risk (under serviced youth)...

Who is Eligible...

- Youth ages 12- 29 years
- Youth at-risk in Ajax and Pickering

What Does Outreach Mean...

- Meeting youth out in their communities, individually or in groups
- Engage youth in individual/supportive discussions
- Building support networks for youth in the community
- Promoting skill building and leadership development for young people
- Acting as advocates for youth in the community
- Providing individual short term case management that involves schools, families, community partners, police and probation as required

How Do You Contact Us...

For more information or to make a referral
please call:



905-428-1212

or

Janet

**Youth Outreach Worker
(Cell) 905-903-3512**

Alisha

**Youth Outreach Worker
(Cell) 905-903-3612**

SHINE!

SUPPORTING HEALTH THROUGH INSIGHT, NUTRITION, AND EXERCISE!

A Healthy Weight Management Program for youth ages 13-29 in Ajax-Pickering!

In a 10-week individual program, our health professionals (a nurse practitioner, social worker, dietician, and health promoter) will support you in:

- + starting to eat healthier
- + getting more physically active
- + finding more support from people around you
- + learning how to set/approach your goals
- + reaching and maintaining a healthier weight!

←← Set your appointment today!

For more info,
call The Youth
Centre at:
905-428-1212

**The Youth Centre
presents.....
Registered
Dietitian**



Want to know about....

Healthy Eating

FAD Diets

Weight Management

Vegetarian Diet

Sports Nutrition

**or any other nutritional
concern !**

**The good news is that
Registered Dietitian
is now available at
The Youth Centre
Monday to Friday
To help you make
Healthy food choices
To improve your health!
Service is **FREE!****

**Call to book an appointment with the Dietitian
@ 905-428-1212**