



# THE NEED FOR MENTORING IS NOW!

We believe in investing and developing youth (grades 5-8) now, so that tomorrow they can see their full potential!

Our 12 weekly, hour and a half sessions,  
Inspire the Development of these 5 Positive Life Skills

## SELF-ESTEEM

Youth will Learn to Examine their Own:

- o character traits
- o talents
- o needs
- o behaviours
- o personal goals



## GOAL-SETTING

Youth will Learn to Set and Achieve:

- o short-term goals
- o long-term goals
- o milestones

Identify Obstacles

Brainstorm Solutions

Evaluate Results

## COMMUNICATION

Youth will Learn:

- o positive feedback
- o negative feedback
- o great presentation skills

Learn How to Best Express Themselves in a:

- o clear manner
- o confident manner



## CONFLICT-RESOLUTION

Youth will Learn to Identify:

- o peer pressure
- o bullying

Build Resiliency

Learn Skills on How to:

- o cope
- o redirect conflict



## STRESS MANAGEMENT

Youth will Learn to Identify:

- o sources of stress

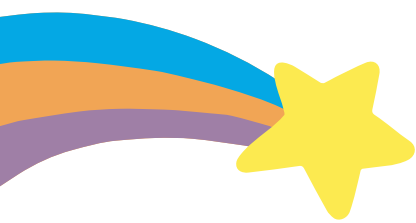
Acquire:

- the necessary techniques to manage stress





**kids.now**  
mentoring youth to make positive choices



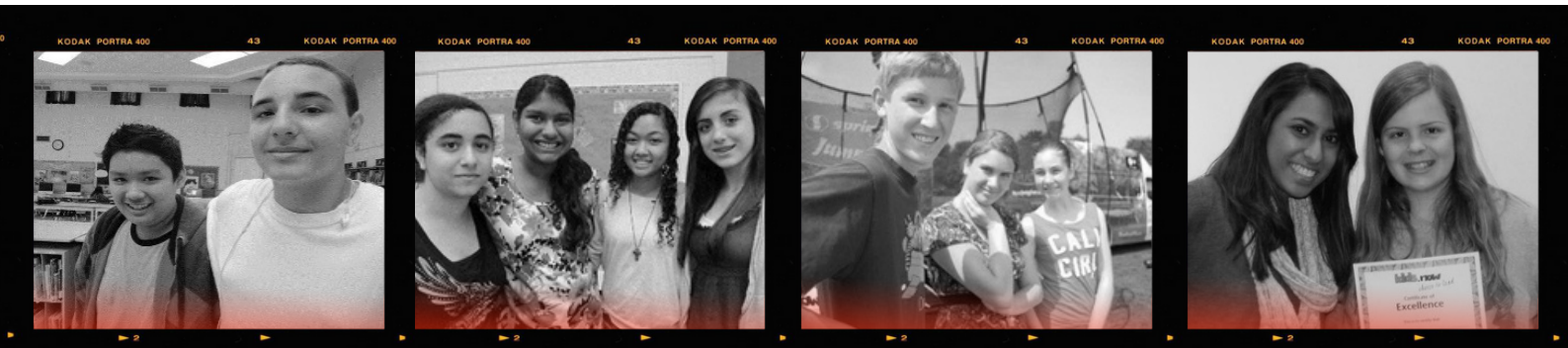
**SIGN-UP**



**YOUR SCHOOL**

**TODAY!**

Note: This program is not endorsed by the DPCDSB, but run by local school invitation through permits.






**VISIT:**

**[HTTP://WWW.KIDSNOWCANADA.ORG/  
SCHOOL-REGISTRATION/](http://www.kidsnowcanada.org/school-registration/)**

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Charitable Registration: 868168113RR0001

