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

**CONFlict-RESOLUTION**

Youth will Learn to Identify:
- peer pressure
- bullying

Build Resiliency

Learn Skills on How to:
- cope
- redirect conflict

**GOAL-SETTING**

Youth will Learn to Set and Achieve:
- short-term goals
- long-term goals
- milestones

Identify Obstacles

Brainstorm Solutions

Evaluate Results

**COMMUNICATION**

Youth will Learn:
- positive feedback
- negative feedback
- great presentation skills

Learn How to Best Express Themselves in a:
- clear manner
- confident manner

**STRESS MANAGEMENT**

Youth will Learn to Identify:
- sources of stress

Acquire:
- the necessary techniques to manage stress
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/

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