

Newcomer Youth Wellness (NYW) Program

What is the NYW program?

- Group-based wellness programming for newcomer youth.
- Focuses on improving mental, physical, social, and emotional health of participants.
- Services include well-being enhancement workshops, group mentorship, recreation opportunities and psycho-social support

Who can participate in the NYW program?

- Youth (12 to 21 years old), Manitoba residents
- Newcomers (refugees or immigrants) with permanent residency. Upon review, we can also accept some youth who do not have permanent residency.
- Participants are placed in groups based on their school, age and needs.



Where is the NYW program?

- We partner with local schools to operate the program during school hours on school grounds. Current schools: Glenlawn Collegiate, Collège Miles Macdonnell Collegiate and John Pritchard School
- We also have after-school programs at the South Y and Downtown Y branches.
- Location is subject to change based on our partnerships with schools, client needs and summer programming.

When does the NYW Program operate?

- Groups run Monday to Friday, during school hours or after school for 1 hour, once or twice a week
- The schedule for summer programming varies based on the activities.

Why is the NYW program needed?

- The program provides a safe space where newcomer youth can discuss their migration and settlement experiences, personal well-being, and develop tools for dealing with stressors and challenges.
- It also provides a space to decrease isolation and stigma surrounding talking about our health (mental, physical, emotional, and social).

For more information, visit us online at
ywinnipeg.ca/newcomeryouth



Recreational Opportunities for Children (ROC) Program

The Y is a place for kids to belong, be connected and accepted, and explore their potential. We know that children involved in recreation do better socially, are healthier and achieve higher grades in school.

As part of our mission to foster a healthy model of well-being, we are proud to be a partner in the **Recreation Opportunities for Children (ROC) program**.

ROC is a leisure education program making positive changes in the lives of families by providing resources and tools to support children, youth and their families in accessing recreation opportunities that are meaningful, sustainable and best suited to their interests and needs.



With the ROC program, we are able to:

- create a recreation plan for each family – based on their individual interests & needs;
- introduce children and youth to a variety of activities – such as arts, nature, sports, science, dance or swimming lessons;
- equip participants with knowledge and resources to make healthy choices;
 - promote positive connection and relationships within families;
 - provide support in accessing subsidies; and
 - create ongoing community engagement.



Enrollment Criteria

The ROC program is specifically designed for families currently accessing Employment and Income Assistance (EIA), Newcomer Families, and Low-Income Families.

For more information,
visit us online at
ywinnipeg.ca/ROC





Program Overview

Through a people-first approach tailored to the participant's unique needs and abilities, the YMCA-YWCA of Winnipeg's After School Program fosters the independence, self-worth and social interaction of youth (ages 13-21) with disabilities.

The After School Program:

- Maintains a respectful and non-judgmental environment in which participants are free to express themselves.
- Assists participants to make informed decisions and gain useful skills.
- Allows participants to choose their own activities based on their personal likes and interests.
- Allows parents to continue employment, knowing their youth is provided with reliable care that maintains their youth's self-worth and dignity.



**YMCA-YWCA
of Winnipeg**

After School Program for Youth
with Disabilities
51 Balmoral Street
Winnipeg, MB
R3C 1X5
P: 204.953.7314

ywinnipeg.ca/afterschool



**YMCA-YWCA
of Winnipeg**



**After School Program for
Youth with Disabilities**

Program Details

Our programs are tailored to individual students to promote life skill development and social and emotional growth. The level of support we provide is based on the needs of the youth in our care.

Some of the regular activities we provide include science experiments, sports, arts/crafts, music and many others.

We work collaboratively with schools to maintain consistency for all the youth in our programs. This includes frequent check-ins between our staff and the school to determine the best way to meet your youth's needs.

Locations

We operate our program at a number of schools throughout Winnipeg. If a youth attends a school without a current program, no problem! We can work with families and the school's transportation division to see if transportation can be arranged. For a current listing, please visit:

ywinnipeg.ca/afterschool



Hours

Our programs are dependent upon when we can gain access to the rooms we use. Our programs run from 2:45 to 5:45 p.m. or from 3 to 6 p.m. depending on location and when we gain access to the rooms we use. Programs are closed for all holidays, in-service days and extended breaks from school (i.e. Winter Break). Some programs provide an extra hour of care for early dismissals.

Spring and Summer Camp

Consistent care is important for the youth in our programs. We're proud to offer care over the spring and summer break periods. Though we offer spring and summer care at fewer program sites we are still able to accommodate around 30 youth.

Cost

Finances should not be a barrier to families seeking to access our After School Program. We work with family services workers to secure funding for a space.

The cost to families for our school year program is \$25/month.

Our spring and summer camps are \$150/week as full-day care is provided.

How to Apply

1. Contact our program coordinators and we will support families in contacting their family services worker.
2. Set up an intake meeting
3. Complete a site visit so we can better understand the needs of youth and help ease some of the anxieties families may be feeling.

If after the first three steps a family and our team agree this program would be a good fit, their family services worker will need to secure funding for a space in our program. Once funding is secured, we work with the family to determine a start date for their youth.

The entire application process for our school-year program generally takes one month.





YMCA Community Action Network

Make a difference
in your community!

Building Healthy Communities

The YMCA Community Action Network (YCAN), part of the Canada Service Corps, is one of Canada's national youth service initiatives. Our program aims to support selected individuals between 15 to 30 years of age to get involved in their local community through service projects.

Building a Network of Service

In partnership with 9 other YMCAs across Canada, participants from regional communities will be recruited and supported to successfully identify, lead, deliver, and evaluate service initiatives in their own communities. Since the launch of the program in January 2018, YCAN has successfully engaged over 500 youth in over 50 meaningful community service projects.

Where You Can Find Us

Greater Vancouver, Calgary, Saskatoon, Winnipeg, Greater Toronto, Sudbury, Montreal, Quebec City, Greater Halifax/ Dartmouth, Greater Moncton, St. John's, and Charlottetown.



Building Service Projects

YCAN service projects create opportunities for skills development, addressing community needs, and establishing networks of community contacts and stakeholders.

Examples of previous YCAN service projects include:

- Building a community garden
- Food waste awareness banquet
- Mental health exhibition
- Race against homelessness

And much more!

Priority will be given to representation from one or more underrepresented groups, including those who identify as LGBTQ2+, newcomer, Indigenous, low-income, with disabilities, and neither employed nor in educational training. All youth must be a Canadian citizen, permanent resident, or person who has been granted refugee status in Canada.

**Do you know individuals
who would benefit from
this experience?**

Contact your local
YCAN coordinator by visiting
ymcagta.org/action



Réseau d'actions
communautaires
YMCA



Réseau d'actions communautaires YMCA

Faites la différence dans
votre communauté!

Bâtir des communautés en santé

Le Réseau d'actions communautaires du YMCA est l'une des initiatives de service des jeunes du Canada qui fait partie du programme Service Jeunesse Canada. Notre programme vise à aider une sélection de personnes âgées de 15 à 30 ans à s'impliquer dans leur communauté locale en leur offrant des occasions de service.

Bâtir un réseau de service

En partenariat avec neuf autres YMCA des quatre coins du Canada, des participants de ces communautés régionales seront recrutés, puis soutenus pour sélectionner, diriger, réaliser et évaluer avec succès des initiatives de service dans leurs propres communautés. Depuis le lancement du programme en janvier 2018, YCAN a mobilisé avec succès plus de 500 jeunes dans plus de 50 projets de service communautaires constructifs.

Où vous pouvez nous trouver

Région métropolitaine de Vancouver, Calgary, Saskatoon, Winnipeg, région métropolitaine de Toronto, Sudbury, Montréal, ville de Québec, région métropolitaine de Halifax/Dartmouth, région métropolitaine de Moncton, St. John's et Charlottetown.



Créer des projets de service

Les projets de service YCAN permettent d'acquérir des compétences, de répondre à des besoins communautaires et de créer des réseaux de relations et d'intervenants communautaires.

- Création d'un jardin communautaire
- Banquet de sensibilisation au gaspillage alimentaire
- Exposition sur la santé mentale
- Course contre l'itinérance

Et beaucoup d'autres!

La priorité sera accordée à la représentation d'un ou plusieurs groupes sous-représentés, dont ceux qui s'identifient en tant que LGBTQ2+, les nouveaux arrivants, les Autochtones, les personnes à faible revenu, les personnes handicapées, et qui ne sont pas dans l'éducation, l'emploi ou la formation

Connaissez-vous des personnes qui bénéficieraient de cette expérience?

Communiquez avec votre coordonnateur local du Réseau d'actions communautaires du YMCA en allant à www.ymcagta.org/action



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Service jeunesse Canada





Program Overview

Through a people-first approach tailored to the participant's unique needs and abilities, the YMCA-YWCA of Winnipeg's After School Program fosters the independence, self-worth and social interaction of youth (ages 13-21) with special needs.

The After School Program:

- Maintains a respectful and non-judgemental environment in which participants are free to express themselves.
- Assists participants to make informed decisions and gain useful skills.
- Allows participants to choose their own activities based on their personal likes and interests.
- Allows parents to continue employment, knowing their child is provided with warm and reliable care that maintains their child's self-worth and dignity.



After School Program for Youth with Disabilities
51 Balmoral Street
Winnipeg, MB
R3C 1X5

ywinnipeg.ca/afterschool

*Sound Interesting?
We want to hear from you.*

Please contact the Program Coordinators
at 204.953.7314 or 204.953.7318



PROUD PARTNER OF
United Way
For a Better Winnipeg



**YMCA-YWCA
of Winnipeg**

After School
Disabilities Program



**Student Mentorship
Initiative**

Student Mentorship

We need energetic, creative and caring students to become mentors to the youth (ages 13-21) in our After School Program. As a student mentor, you can affect positive change in the lives of the participants who require a variety of physical and/or cognitive support needs.

There are plenty of benefits to being a Student Mentor! Student Mentorship looks great on a resume, gives great work experience, and can lead to a paid position. Check with your school to see if the volunteer hours you spend in our program can count towards an extra-curricular credit.

Mentorship Support

Each Student Mentor has a Supervisor on-site who offers guidance and supervision so the Student Mentor can understand how to respectfully support each participant's unique needs and abilities.

Program Hours

Typically, we run from 2:45 pm until 6:00 pm and are closed for all holidays, half-days, in-service days and extended breaks from school (i.e. Winter Break). Some programs provide an extra hour of care for early dismissals. In some instances, there is an opportunity to volunteer over Spring Break and/or summer.

Responsibilities

The goal of being a Student Mentor is to provide an opportunity for our participants to interact with more of their peers and create healthy relationships with other students from their school.

This is all done through fun programming! On any given day, you could bake some cookies, play a game of Monopoly, become a scientist, make a necklace, play soccer, go to the park, play a game of catch, and much, much more!



Become a Mentor

As a Student Mentor, you would first meet with the Program Coordinators for an interview and to learn more about the position.

We require all those working or volunteering in our programs to:

- complete an application form.
- go through an interview and screening process.
- provide three references.

Successful applicants will then be asked to:

- provide a Child Abuse Registry check (cost is covered by the YMCA-YWCA of Winnipeg).
- provide a Criminal Record Check with Vulnerable Sector Search (applicable for students over the age of 18. Cost is incurred by the Student Mentor).

After this has been completed to our satisfaction, you will be contacted to inform you of the next steps.



Newcomer Services

Are you new to Canada? We're committed to supporting your transition to Canadian society and culture through a variety of quality settlement programs.

We offer English language classes to help you build your English language skills and become more comfortable with the activities of daily Canadian life. During many of our classes we provide care for your child in a safe, friendly environment so you can focus on your lessons. We also offer a variety of youth programming that addresses health and wellness through a holistic and empowerment model.

For more information, visit
ywinnipeg.ca/newcomerservices

Childcare

Your child's health and well-being is at the core of everything we do. As Manitoba's largest quality childcare provider, we know childhood is a special time when the seeds of future success are planted – that's why our programs follow emergent curriculum, focusing on the physical, mental and social development of your child.

For more information, visit
ywinnipeg.ca/childcare



Mental Health Program

LL103-290 Vaughan St.
204.989.4194

Newcomer Services/English as a Second Language

301 Vaughan St.
204.947.3044

Health, Fitness & Aquatic Centres

Downtown

301 Vaughan St
204.947.3044

Elmwood-Kildonan

454 Kimberly Ave
204.668.8140

South

5 Fermor Ave
204.233.3476

West Portage

3550 Portage Ave
204.889.8052

Childcare Centres

We have more than 35 locations to serve you! Please visit ywinnipeg.ca/locations-2 for a complete listing.

Volunteer with us

Interested in being more involved in your community? Apply to become a Y volunteer! Download the volunteer application form from ywinnipeg.ca/volunteer

ywinnipeg.ca



YMCA-YWCA
of Winnipeg

Community Programs

The Y's mission truly comes to life through the programs and services we deliver within Winnipeg.

At the Y, we believe health is more than just being physically fit or the absence of illness. It's also about your social, mental and emotional well-being.

On the surface you may not think of our programs as health programs, but take a closer look, and you'll see that we are helping Winnipeggers of all ages be healthier in every way.

Building healthy communities



Good things happen when everyone in our community feels a sense of belonging and connection.
That's why, for over 140 years, we have been bringing Winnipeggers together.

Recreational Opportunities for Children (ROC) Program

Children who are involved in recreation do better socially, are healthier and achieve higher grades in school. If you require financially-assisted recreation opportunities for your children, we can help! Plus, we can also provide your family with the knowledge and resources that help support your children's participation.

*For more information, visit
ywinnipeg.ca/ROC*

Mental Health: Learning & Leisure Program

Your mental health matters and is an important part of your overall health. If you are an adult looking for additional support to manage your mental illness, we can help you to learn coping skills and develop confidence through our skill enhancement courses. You'll also have the opportunity to participate and socialize in various fun and interactive leisure and fitness activities.

*For more information, visit
ywinnipeg.ca/mentalhealth*

Employment Services Programs

Our employment services respond to the needs of unemployed and underemployed individuals by providing programs that address barriers to labour market entry. Our goal is to help you reach your full potential, and by offering a range of programs, we can help you get on a path toward employment and self-sufficiency.

*For more information, visit
ywinnipeg.ca/employmentservices*

Newcomer Youth Wellness

We connect newcomer youth with other youth in the community, increasing their knowledge and skills around mental, physical and social health. Participants engage in workshops, group mentorship, recreation opportunities and psycho-social support. We partner with local schools to provide programming during school hours and operate groups on a drop-in basis after school.

*For more information, visit
ywinnipeg.ca/newcomeryouth*

YMCA Community Action Network (YCAN)

YCAN engages leaders ages 15 to 30 to address a community need through service projects. Tailored to involve traditionally underrepresented youth, participants will develop employment skills, gain community service hours, build connections, and help make a difference.

*For more information, visit
ywinnipeg.ca/community*



After School Program for Youth with Additional Support Needs

Being a parent is the toughest job there is. And if you are a working parent of a youth with additional needs, sometimes you need a little extra help. We can provide your youth (aged 13-21 years) with after school supports where they enjoy positive social interaction and activities.

*For more information, visit
ywinnipeg.ca/afterschool*



For additional programs, please visit ywinnipeg.ca

Mental health challenges shouldn't get in the way of your personal goals.

At the Y, we know health is more than just being physically fit or the absence of illness. It's also about your social, mental and emotional well-being.

That's why we support adults who have experienced mental illness with a recovery-based environment to strengthen confidence, learn coping tools and feel connected.



Mental Health: Learning & Leisure Centre

LL103-290 Vaughan St.
Winnipeg, MB R3B 2N8
Phone: 204.989.4194
Fax: 204.957.5199

Application forms are available at:
ywinnipeg.ca/mentalhealth

Building healthy
communities

Funding provided by:



**Mental Health:
Learning & Leisure Program**

At the YMCA-YWCA of Winnipeg, we believe all people have the strength and potential for recovery and deserve to be treated with dignity and respect.

CURRICULUM

Skill enhancement workshops

Held in a classroom setting by trained and empathetic staff, workshops include a mixture of:

- presentations,
- group discussion,
- individual written work,
- group work and
- actual skill practice.

Plus, we provide one-on-one coaching sessions for those who require additional support.

Workshop topics may include how to:

- cope with depression
- manage stress, anger or anxiety
- build self-esteem
- communicate in relationships
- create a wellness recovery action plan

Leisure groups

With a regular program of leisure activities, participants can:

- enjoy themselves in a welcoming, supportive and social environment,
- meet new people and
- develop genuine friendships.

Examples of leisure activities include bowling, cultural activities and games.

Physical activity

Participants may qualify for a membership to the YMCA-YWCA of Winnipeg where they will enjoy full access to all of the programs in the Health, Fitness & Aquatic facilities.

"I feel very comfortable coming to the groups and I've made a lot of friends. I have met people here who I can talk to and who understand me."



"I feel like I now have the skills to finish school and to deal with my life and the people in it in a more positive way."

HOW TO APPLY

Application criteria

Applicants should be:

- over 18 years old
- able to relate to others at a level appropriate for group interaction
- interested in developing skills and personal supports
- able and willing to attend the program two times per week
- stabilized in their mental health
- able to manage the reading and writing requirements of program learning materials

Application forms are available online at ywinnipeg.ca/mentalhealth

About referrals

Self-referrals, referrals from health professionals and referrals from community agencies are accepted.

Next steps

Once your application is received, you will be contacted to:

- schedule an intake interview,
- help you select the courses you wish to take, and
- set a start date.

Fees

This program is free for the participant. However, some leisure activities may cost up to \$3.

"I feel like I can be me here... and that it's okay to be me."

The Y's Learning & Leisure Program helps participants to develop coping skills, improve mental health and enhance overall well-being by providing skill enhancement workshops, fun group leisure activities and independent physical activities.