

# Self-Care Toolkit in 6 weeks



## Program Outline



The Building-A-Self-Care-ToolKit program is a fun, interactive, **youth-led early learning experience** that helps children develop happy & healthy ways to express and manage their emotions. By engaging in coping tools and relevant activities, children and their caring adults will both learn in a positive, safe environment with trained youth facilitators.

*Join characters Rory and Skippy as they embark on a journey through the forest and face challenges where they learn more about the following.*

### YOUTH SPEAKERS WILL SHARE PERSONAL STORIES



#### Fostering Resilience

Empowers youth to **learn from challenges**, while discovering their strengths, interests and aspirations.



#### Prioritizing Mental Health

Provides valuable insights, resources and **strategies for navigating emotions**, and seeking support when needed.



#### Strengthen Critical Thinking

Fostering student's self-reflection and **introspection skills that help facilitate growth** and raise awareness on important topics.

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



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