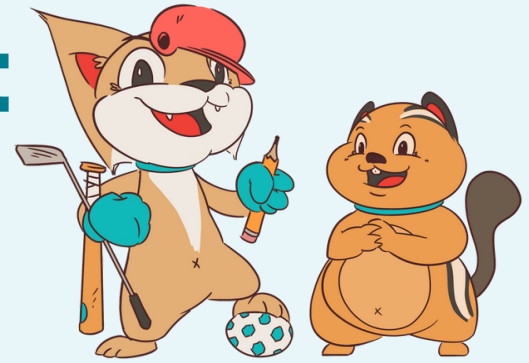


Self-Care Toolkit

A Healthy Approach to Emotions

*can be provided as a 6-week program



Presentation 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.



Connect with us: www.youthspeak.ca

BOOK US TODAY!

