

Self-Care Toolkit

WORKSHOP for parents/caregivers and children

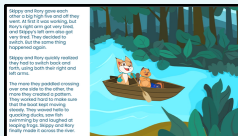
with Skippy & Rory!



Partnership Opportunity with YOUTHspeak

Bring this workshop to your school or organization!

AN INSIDE LOOK!



About the Workshop

The Self-Care-ToolKit workshop is a fun, interactive, **youth-led early learning experience** that helps children develop healthy ways to express and manage their emotions. Join characters Rory and Skippy on a guided journey through the forest where they learn coping tools to navigate challenges they face along the way.

Delivered by trained Youth Facilitators for children and parents/caregivers to engage in an interactive story:

- A guided journey of self-care
- Engaging in easy-to-use coping tools
- Kindness & inclusivity messaging embedded into the storyline



Accompanying activity book included.

How This Partnership Works

- Work with us to deliver this workshop to your families.
- All you have to do is connect with us to plan a date/time and invite your families.
- Accompanying activity book can be sent in a digital format (included in the workshop price) or a printed version for an additional fee.

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



Connect with us: www.youthspeak.ca

PARTNER TODAY!

