



YMCA Youth Intervention

PROGRAM GUIDE

YMCAHBB.ca





YMCA Youth Intervention Program Guide

The programs listed in this guide cover a wide variety of services provided by the YMCA in support of youth in our region. For registration information please visit YMCAHBB.ca.

If you require additional information or have any questions, please contact: youth.intervention@ymcahbb.ca

TAGS

To search for a specific type of programming, please refer to the following list of programming tags:

employment • training • apprenticeship • education • leadership
mentorship • volunteering • life skills • mental health • vulnerable youth
support services • housing • sex trafficking • sexual exploitation
youth homelessness • legal support • gambling • newcomers • BIPOC

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PROGRAMS

Youth in Transition Program

The Youth in Transition Program supports youth leaving care to transition from the child welfare sector into adulthood. This program provides one-to-one support to connect youth with educational, employment, housing, life skills, mental health, and other services in their communities, and to help them navigate the transition from care to adulthood.

Location: Halton, Hamilton & Brantford

Age: 16 – 24

Program Duration: ongoing

Participation: one-to-one, out in community

Tags: support services • education • housing • mental health • vulnerable youth • life skills

Housing Support

The Housing Support Program aims to support youth who are in need of protection or in need of independent housing. This program connects youth to housing and life skills, mental health and other supports in their communities, and helps them navigate the transition from care to adulthood.

Location: Hamilton & Brantford

Age: 16 – 17

Program Duration: ongoing

Participation: one-to-one, out in community

Tags: support services • housing • vulnerable youth • mental health • youth homelessness • life skills

Anti-Human Trafficking Support

The Anti-Human Trafficking Program provides awareness and education presentations about domestic sex trafficking to youth and community. The program also provides direct one-to-one client contact and service navigation for youth (under 24) who are exiting human sex trafficking.

Location: Hamilton & Niagara

Age: 16 – 24

Program Duration: ongoing

Participation: one-to-one, out in community, group sessions

Tags: support services • vulnerable youth • sex trafficking • sexual exploitation

Anti-Human Trafficking Police/Court Support

The Police/Court Program assists survivors during criminal investigations. This program supports young victims who are required to be interviewed by police and provide testimony against their trafficker. Activities will include but are not limited to: explaining the police interview process, sit in with victim during the police interview, ensuring victim is physically and mentally safe before, during and after the police interview and court testimony, supporting victim throughout the length of the trial (especially in the area of mental health & safety), and liaising with police and court to ensure the victim's needs are met and victim is supported.

Location: Hamilton

Age: All Ages

Program Duration: ongoing

Participation: one-to-one, out in community

Tags: support services • vulnerable youth • sex trafficking • sexual exploitation • legal support

Rapid Intervention Support Team – Youth Navigator Program

The Youth Navigator is a part of the Rapid Intervention Support Team. The RIST team helps to improve community safety and well-being by focusing efforts on risk intervention, prevention and incident response. The Youth Navigator will respond to youth calls in the city, provide referrals to support services for youth and provide ongoing support and follow up.

Location: Hamilton

Age: 15 – 29

Program Duration: ongoing

Participation: one-to-one, out in community

Tags: support services • housing • education • employment • youth homelessness

Youth Engagement Series

The Youth Engagement Series is a 6-part presentation series on several topics including; Human Trafficking, Guns and Gangs, Social Media, Vice and Drugs, Support Services, and Testimonial from Individuals with Lived Experience. Each presentation is followed by an hour of activity with youth engagers, volunteers and police officers.

Location: Hamilton

Age: 16 – 24

Program Duration: 6 weeks

Participation: group sessions, virtual or in-person

Tags: vulnerable youth • support services • sexual exploitation • sex trafficking

Youth Gambling Awareness Program

The YMCA Youth Gambling Awareness Program (YGAP) is a free service funded by the Ontario Ministry of Health and Long-Term Care offering educational prevention programs designed to raise youth awareness with regards to gambling, healthy/active living, and making informed decisions.

Location: Hamilton & Brantford

Age: 8 – 24

Program Duration: ongoing

Participation: group sessions, in-school and in-community

Tags: education • gambling • mental health

Y Mind

The Y Mind Program is an early intervention program for young people experiencing symptoms of stress and mild to moderate anxiety. Sessions include practicing evidence-based mindfulness techniques during sessions, fun activities to demonstrate ACT and mindfulness strategies, and take-home resources to help cope with stress and anxiety between weekly group sessions.

Location: Hamilton/Burlington/Brantford

Age: 13 – 29

Duration: 7 week program, 1 session per week

Participation: in-person, group sessions, registration required

Tags: mental health • support services

PROGRAMS

Support for Student Learning – Youth Transitions Program

The Support for Student Learning (Youth Transitions Program) aims to provide vulnerable youth leading to and at critical academic transitions points with the community supports they need for educational attainment and future success. Program participants foster a sense of belonging through one-on-one support and mentorship, and offers workshops to develop the life skills they need to be healthy, stable adults. Through a trauma-informed and strengths-based approach, students gain resiliency, cultivate positive mental well-being, and gain the capacity to reach their fullest potential.

Location: Halton, Hamilton & Brantford

Age: 12 – 19

Duration: ongoing

Participation: one-to-one, group sessions, virtual and in-person, in-school and in-community

Tags: education • volunteering • mentorship • life skills • vulnerable youth • support services

Alternative Suspension Program

The Alternative Suspension Program aims to reduce the number of repeat suspensions by giving students the opportunity to transform their time away from school into a positive experience that fosters personal development and autonomy. The program's curriculum is comprised of educational workshops, individual assistance, schoolwork, and complimentary group activities.

Location: Hamilton

Age: 12-17

Duration: September – June

Participation: short-term suspensions, 3 – 5 days, one-to-one

Tags: education • employment • leadership • support services

Newcomer Youth Centres

Newcomer Youth Centres in Hamilton Downtown & Hamilton East provide a full range of educational, sport and recreational activities for newcomers to Canada. These activities provide newcomer youth with a fun, supportive environment that is conducive to an effective and full integration into Canadian society.

Location: Hamilton

Age: 13 - 25

Program Duration: ongoing

Participation: group sessions, virtual and in-person, drop-in

Tags: newcomers • education • leadership • volunteering

Newcomer Youth Mentorship

The Youth Mentorship Program promotes personal growth and development through academic, career, and leadership skill development and coaching. Supported by mentors, newcomer youth will explore academic and career goals, get involved in school activities and engage in community events through volunteering and civic participation. Youth may be able to fulfill school volunteer requirements through program participation.

Location: Hamilton

Age: 14 – 18

Program Duration: ongoing

Participation: one-to-one, group sessions

Tags: education • employment • leadership • volunteering • newcomers • mentorship

Youth of Tomorrow

The Youth of Tomorrow Program is a career exploration and mentorship program for Black, Indigenous, and youth of colour (15-29) in the regions of Hamilton, Halton, Brantford, and Haldimand/Norfolk. Youth are provided with the opportunity to attend a 1-day conference, a 6-month mentorship with BIPOC leaders and community members, and ongoing individualized support with career exploration, education and employment.

Location: Halton, Hamilton & Brantford

Age: 15-29

Program Duration: annual full-day conference, optional 6-month mentorship/work experience

Participation: one-to-one and group sessions, virtual and in-person

Tags: BIPOC • leadership • education • employment • mentorship • newcomers

Settlement Workers in Schools

Settlement Workers in Schools (SWIS) facilitate the integration of newcomer families and students into the education system of Ontario. SWIS connects newcomers with school and community resources and supports learning about the education experience in Ontario. For example, how to read a report card and what to expect in a parent-teacher interview.

Location: Hamilton & Brantford

Age: 5 – 18

Program Duration: September – June

Participation: one-to-one and group sessions

Tags: education • newcomers

Y's Move Tutoring

The Y's Move Tutoring program provides students from grades 8-11 with tutoring support for literacy and numeracy. Students will have access to hour-long tutoring sessions two days a week.

Location: Halton/Hamilton

Age: 12 – 18

Program Duration: September – December 2022 (1 day a week support)

Participation: in-person and virtual, small group sessions

Tags: education

PROGRAMS

Employment Services for High Needs Youth

Employment Services offers a variety of programs to provide employment and training services for vulnerable youth. Support includes interview preparation, resume and cover letter writing skills, job search and applications, job matching and placement opportunities. Programming also includes apprenticeship training for youth who are seeking certification and employment in a skilled trade.

Location: Hamilton, Waterdown & Burlington

Age: 15-29

Duration of program: ongoing

Participation: one-to-one and group options

Tags: employment • training • apprenticeship • vulnerable youth

Try a Trade in Motive Power

Try a Trade in Motive Power provides youth 15 – 29 with exposure to four trades (Truck and Coach Technician, Welding, Parts Technician, and Power Lift Technician) within the Motive Power sector. This program will focus on BIPOC and racialized youth and will provide job search workshops, hands-on skills development through Mohawk City Schools, and a paid work placement.

Location: Hamilton

Age: 15-29

Program Duration: 18 weeks (10-week training, 8-week paid placement)

Participation: group sessions, registration required

Tags: employment • apprenticeship • BIPOC • training

Hamilton

Alternative Suspension Program
Employment Services High Need Youth
Newcomer Youth Centres
Police/Court Support – Anti-Human Trafficking
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Halton

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Brantford

Settlement Workers in Schools
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Youth In Transition – Housing Support
Youth of Tomorrow

Niagara

Youth In Transition – Anti-Human Trafficking

Waterdown

Employment Services High Need Youth

For programming locations please visit: YMCAHBB.ca

**PROGRAMS
BY LOCATION**



The YMCA is a reflection and celebration of the diverse communities which we all call home. We endeavour to create safe spaces, programs and services where all people may belong as their true authentic selves.

Funding for these programs is provided in part by:



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YMCA of Hamilton|Burlington|Brantford



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For more information visit: YMCAHBB.CA

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