



# "I AM ME" Youth Program



Celebrating cultural diversity within our communities

## Learning Objectives:

Awareness of mental illness symptoms

- Stigma
- Identifying available mental health resources
- Coping skills, self care and building resilience
- Recreational activities to foster mental health through team building

- Social skills and inclusion
- Cultural and Spiritual aspects as a means of wellness
- Community service and social responsibilities

## Programs:

### Interactive Learning Program

Within a secure environment the youth are involved in an educational series focused on daily challenges they face which include awareness of mental illness symptoms, bullying, peer pressure, mental health stigmas, breaking barriers, developing and improving social skills, confidence building, cultural and spiritual aspects as a means of wellness, goal setting and fostering friendships and

With the support of staff, mental health experts and community leaders, the youth feel secure to learn, understand, and embrace one another's unique qualities, cultural diversities and fosters team building and peer support while learning from one another.

### Community Leadership

Through volunteerism in our communities, our youth become aware of their role in maintaining a clean environment, taking responsibility for their actions, realizing their contributions in their community make a difference, and their strong morals and values of embracing all people, nature and their environment pave the way for a better future.



Fredericton International Peace Day

An annual event for which our youth participate through entertaining audiences and volunteering

### One-on-One Support Service

- Referrals to mental health services
- Provide liaison support between youth, their families, their education institution, legal and government offices/services, and community driven organizations
- Mentorship, support and counseling

### Recreational Activities

Recreation is a vital component which provides an outlet to cope with stress in a healthy way while encouraging team building, social inclusion and a balanced lifestyle which allows for fun and freedom of expression. Activities include indoor and outdoor games and exercises within an educational module.

### Where do They Go From Here?

When our youth turn 16 years of age they can remain on the team by supporting our younger youth through the Youth Mentorship Program or through community awareness and advocacy in our Youth Leadership Program.

### Community Outreach

Liaise with communities to:

- Raise children and youth mental wellness awareness
- Build bridges among diverse communities
- Promote human rights and create the culture of nonviolence

## I Am Me Youth Project



Promoting and supporting the mental wellbeing of our youth at risk between the ages of 10 years to 24 years.



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