

Workshops can be provided in schools or community settings. For information on how to book these workshops, or costs associated with hosting facilitation of the workshops, please contact Kim Whitman-Mansfield, Youth Director, at:

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Anchor Youth Space Bridgewater
197 Dufferin Street, Suite# LL01
Bridgewater, NS

Peer to Peer First Responders

Age: 12 years +
Description: A program designed to empower youth to take initiative within their peer groups. It gives participants an opportunity to develop skills and explore topics such as active listening, understanding empathy and an individual perspective, recognizing their own biases and having meaningful conversations. Youth will have an opportunity to practice their new skill set in a safe environment. This program is best suited for a group size of 6-8. It is recommended, but not required, to have previously completed the It's Your Choice Program.

It's Your Choice

Age: 12 years +
Description: A 13 session program empowering youth to make safe and healthy choices regarding a wide range of topics often relevant for most youth. Participants learn what healthy relationships look, sound and feel like as well as how to recognize signs others (or themselves) may be in unhealthy relationships or situations. Youth also learn to analyze and assess the risks of their choices and behaviours. Additionally, this program will heighten participant's awareness of substance use, dating and peer violence, gender stereotyping and the influence of media.

Community Connections

Ages: 16 - 24 years
Description: Multi-session community-based program focusing on the needs of older youth. This program connects youth with local business owners as well as other resources in the community in an effort to broaden their sense of belonging, as well as understanding the options available to them within the community.

Let's Talk Choices

Ages: 12 years +
Description: A 6 session program aimed at generating meaningful conversations amongst youth who are part of 2SLGBTQIA+ communities, and their allies. This program has a major focus on inclusivity, and ensuring participants personal narratives are reflected throughout sessions.

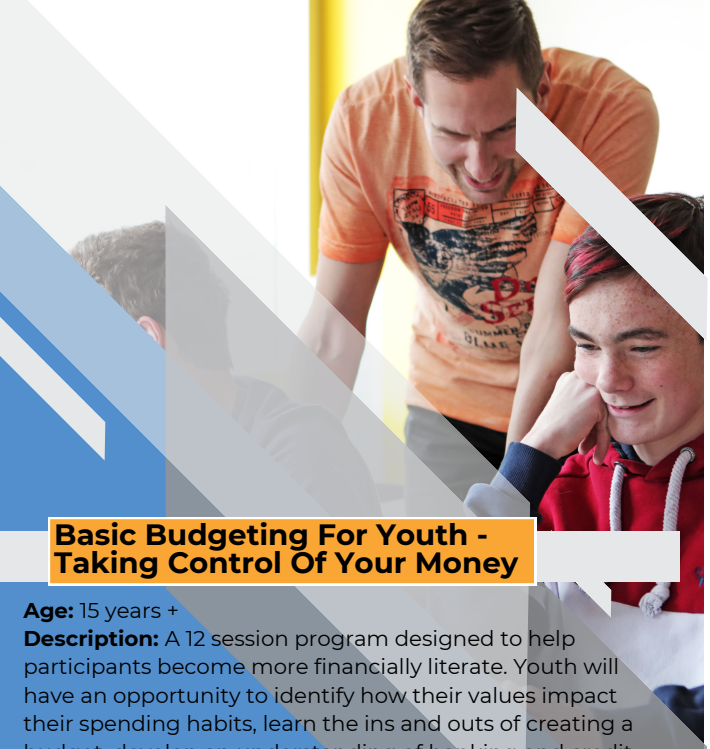
Topics include setting boundaries, coping mechanisms and having healthy relationships. This program also includes a focus on inclusive language, coming out, ally-ship and intersectionality - areas often left out when discussing peer violence.

Shine On Southwest Nova Scotia



Shine On Southwest Nova Scotia

Youth Department Workshops



Basic Budgeting For Youth - Taking Control Of Your Money

Age: 15 years +
Description: A 12 session program designed to help participants become more financially literate. Youth will have an opportunity to identify how their values impact their spending habits, learn the ins and outs of creating a budget, develop an understanding of banking and credit, and more! This workshop can be offered as a full day, two shorter days or individual sessions. This workshop is appropriate for larger & smaller groups. Each participant receives a Resource Binder and a Certificate of Completion.

Cook It Up! Shop, Cook & Learn

Age: 12 years +
Description: A 6 session program that allows a youth to work one-on-one with an adult mentor to learn a variety of cooking-related skills. This includes: encouraging youth to cook healthy and homemade meals; how to meal plan; how to budget & grocery shop; and how to make positive food choices. Participants who complete a minimum of 4 sessions will receive a cookbook, a box of pantry staples & other resources to assist them along their cooking journey.

Guys Work

Age: 12 - 15 years
Description: A program designed to help guys open up and discuss topics such as boundaries, relationships, substance use, sexual health and more. Sessions are facilitated from a guy-focused lens, on topics most relevant to them. The program is best suited to be delivered weekly to a group of 6-10 male-identified youth. The length of the program is dependent on individual group's needs.

Anger Management

Age: 12 years +
Description: An 8 session program aiming to help participants better understand, navigate and respond to their emotional responses. It is designed to empower youth to address their feelings of anger appropriately and consistently. It allows for introspection as youth are encouraged to identify their goals and discuss influencing factors in their lives. Other topics include empathy, active listening, breathing exercises, and conflict resolution, as well as "fight, flight or freeze" responses. This program can be offered in a small group of 4-6 youth, and is best delivered weekly, over the course of 6-8 weeks.

Learning To Breathe

Age: 12 years +
Description: A mindfulness program consisting of 12 sessions, from a trauma-informed approach, providing youth stress-reduction skills, inspire compassion and acceptance and encourage and nurture present moment awareness. The program is best suited for a small group of younger youth.

How To Adult

Age: 12 years +
Description: A 12 session program aimed at equipping youth with fundamental life skills based on information as they transition into adulthood. Sessions do not need to be run consecutively, and not all sessions need to be included. Sessions can be chosen & combined to meet the needs of participants, and can be delivered to a group or class as a stand-alone topic, or weekly to a small, recurring group.

Job Skills Development For Youth

Age: 15 years +
Description: A 4 day workshop designed to provide valuable skills to youth who are entering the workforce. Many of the activities in the program aid youth in self-discovery, and also feeling a sense of empowerment. The ideal group size for this workshop is 8 participants.

Participants will receive a Certificate of Completion, a binder of resources, a completed resume and cover letter, and the experience of participating in a mock interview.



Leadership Workshop For Youth

Age: 12 years +
Description: A 15 session program designed to introduce participants to leadership training, focusing on enhancing leadership development and team building strategies. This workshop can be offered over 2 full days or as weekly sessions. Each participant receives a Certificate of Completion.

You Can Go

Age: 16 years +
Description: A post-secondary program designed to inspire & encourage participants to explore their interests, skills & strengths related to future endeavours. Topics include: financing, education, goal-oriented thinking, navigating obstacles, career experience and exploring opportunities, as well as institution options. This program can be offered one-on-one or in a group.

How To Create A Podcast

Age: 12 years +
Description: A 9 session workshop designed to give youth all the skills needed to create a podcast. Sessions are aimed toward engaging youth in finding their voices and expressing themselves. By the end of the workshop, youth will have created their own podcast episode, and had an opportunity to edit audio. The ideal group size is 4-8 participants.