

## **United Way of Hamilton & Halton – Programs connected to HWCDSB**

### **Alternatives for Youth: Youth Substance Counselling**

Secondary School-on-site Treatment. On-site treatment and family support is provided at a number of secondary schools within the Hamilton Wentworth District School Board and the Hamilton Wentworth Catholic District School Board.

### **Ancaster Community Services: The Net (Youth Empowerment Program)**

The Net is a youth lead initiative that aims to help young people connect, learn, and be engaged in their community. They've assembled a fantastic youth team, a collection of students ages 13-18 from the different schools in the Ancaster area that meet monthly to create, plan and organize programs and events. The Net is an opportunity for youth to attain volunteer hours, which can be applied towards their required amount to earn their OSSD, by hosting and/or attending events and coming to weekly one hour online meetings.

### **BG Club Hamilton-Halton: Character Development**

#### **Girls Fit**

Self-identifying girls between the ages of 6-12 will get involved with physical wellness in a safe, inclusive and fun environment. Girls fit is not limited to sport based programming, but will also include fitness, personal wellness, and nutritional education, with aspects of goal setting.

#### **Her & I**

A program for self-identified girls (6-12) and their woman mentor (18+) to engage in fun activities that strengthen their relationship.

### **BG Club Sanford Kids Club:**

Drop-in programs for children and youth \* activities include digital literacy, arts, nutrition, and gender-inclusion programming

### **Big Brothers/Big Sisters of Halton and Hamilton: Community Based Mentoring**

The Community Matching Program provides adult mentors (Bigs) to young people (Littles). The program connects its participants with a role model and friend to talk to and share the experiences of growing up with. Through weekly outings, a relationship is developed between the mentor and the mentee, which is built on trust and common interests, and is supported by our experienced case-workers. The result is a life-changing experience for both the mentor and the mentee.

### **Big Brothers/Big Sisters of Halton & Hamilton: School Based Mentoring**

The In-School mentoring program provides elementary-aged youth people with a role model and a friend to talk to and share the experiences of growing up within school grounds. Each week, mentors meet with their mentee and engage in activities such as board games, crafts or just hang out on school grounds.

Homework Club is an after school mentoring program for elementary-aged young people. In this program, high-school students are a mentor for participants who require academic, social and/or emotional support.

Big Possibilities offers mentorship and support for youth enrolled in high-school, helping them explore and prepare for life after high-school. Each program session connects youth with a guest speaker from a different field.

### **Big Brothers/Big Sisters Halton & Hamilton: Vulnerable Population & Cultural Mentoring**

Adventure Canada Connections is a group mentoring program for newcomer youth that are elementary-aged. The program offers a role model, mentor and a friend to newcomer youth, helping with their adjustment to Canada.

The Cultural Mentorship Program aims to create and develop mentoring relationships with a focus of embracing Caribbean and African cultures. This Program is offered to young people ages 12-18, who identify as being part of the Black community.

### **Catholic Family Services of Hamilton: Walk in Counselling**

Children's Counselling - A 7-week psycho-educational/counselling group for children ages 8-16 who have witnessed violence in their families.

### **Catholic Youth Organization: Camp Marydale**

Some examples of activities available at Camp Marydale include: Archery, Snow Shoeing, Cross Country Skiing, Sports (ie. soccer, basketball, baseball, beach volleyball, etc.), Field Games (ie. tag, parachute, scavenger hunts, etc.), Arts and Crafts, Hiking, Winter Outdoor Games, Camp Fires/Smores/Marshmallow over fire and more.

### **Catholic Youth Organization: Crusader Athletics**

This program is designed to prepare program graduates for the physical and mental challenges of becoming a leader in our community.

### **Empowerment Squared: Education Programs**

Empowerment Squared's Homework Circle program supports newcomer youth from grades 1 to 12 and their families in building self confidence and school readiness for positive engagement in the education system.

Empowerment Squared's School Readiness Program is a series of activities to support students' successful transition into the Canadian School System and reduce the feelings of isolation and anxiety associated with starting at a new school. The program is for newcomer students entering grades five through eight who have been in Canada for less than six months and are starting school in Canada for the first time.

The Student and Family Advocacy Program provides culturally relevant, community-based advocacy, information literacy, and system navigation for Black and newcomer students and families in Hamilton, including educational advocacy and mediation, and assistance in engaging with government agencies and systems.

### **Empowerment Squared: Sports & Recreation**

Our Sports and Recreation programs are designed to promote healthy lifestyles, skill building, and social-emotional competencies for children in grades K-12. Through participation in meaningful

physical activity and creative arts, children and youth learn strategies to overcome challenges, build relationships and make healthy choices.

### **Eva Rothwell: Community Connections**

Monday-Friday from 7:00am - 8:30am & 3:00pm – 6:00pm (before & after school snack being provided daily)

Eva Rothwell Centre, offers child and youth programming. They strive to provide a wide range of innovative educational and developmental activities so children and youth may be given opportunities to engage and succeed through physical, social, creative and educational programming. There are no barriers to access.

### **John Howard Society of Hamilton & Burlington Area: Family Supports**

The Family Support Program is designed to provide support, information, early intervention and referral to other services for parents with youth ages 12 to 17 who are experiencing parenting challenges or parent/child conflicts. The goal is to assist families to find positive solutions to conflicts and concerns by identifying and using family strengths, creating greater understanding between parents and youth and providing a skills building process for parents of youth. Although the topics of the group sessions are participant directed some of the sessions available include: providing effective boundaries, communication strategies, problem solving, negotiation and conflict resolution. The program is delivered on site and off site throughout Hamilton, Burlington and Area and is open to community referrals.

### **Living Rock Ministries: OASIS Coffee House Evening Program**

Youth Programs (Age 13-25) Breakfast Program Mon-Fri 8am – 9:30am Evening Program Mon-Fri 4:30pm-6pm Drop in shower location.

### **Threshold School of Building: Ready to Work**

12 Week – United Way Program

- Are you interested in employment in the construction sector?
- Are you having trouble finding a program that you are eligible for?
- Are you between the ages 15 and 30?
- Are you unemployed and facing barriers to employment?
- If so, consider taking the THRESHOLD School of Building's: Ready to Work United Way program.

Overview:

- Hands-on workshops in Carpentry, Electrical, Drywall and Plumbing
- On-site work experience at a THRESHOLD community building project
- Safety training including Emergency First Aid and Working at Heights
- Employment seminars
- Construction math workshops
- Personal Protective Equipment, tool belts and hand tools supplied

### **Wesley: Youth Housing**

Residential program for youth, ages 16-21, experiencing or at imminent risk of homelessness with the goal of living independently. Apartment-style units and a graduated independence program

helps youth achieve personal success through goal setting, opportunities to learn life skills, and participation in social and recreational programming.

### **Wesley: All Youth Zone**

Welcoming, safe and engaging programming for teens ages 13-18 at two main locations: Beasley Community Centre and Betty Brooks Community Centre.

- Employment and educational supports
- Social and recreational opportunities
- Focus on health, nutrition and wellness

### **Wever Community Hub: CORE Kids**

CORE Kids provides inner city children with positive experiences to support them to become future members of our society and the future workforce. The new CORE Kids program will offer camp style programming for various grade levels and provide experiences and opportunities for children & youth.

Check out the CORE Kids –After the Bell Schedule for more program information.

### **YMCA: Beyond the Bell**

YMCA Beyond the Bell™ is an after-school and summer academic achievement program that focuses on closing the academic achievement gap experienced by children from low income areas, compared to their middle-class peers.

YMCA Beyond the Bell™ combines recreation, academic assistance, nutritional snacks, and socialization activities aimed at building confidence, developing social skills, promoting physical activity and enhancing learning.

### **YMCA: Child & Youth Fitness**

**Youth Leadership Development (Formerly Leader Corps) Ages: 10 - 12 | 13 - 15 | 16 - 18**

Leadership Development at the YMCA helps young people find and use their voice to share their ideas and thoughts on how to build a healthier community. YMCA Staff Leaders empower young leaders to develop valuable lifelong skills, including problem-solving, social skills, teamwork, philanthropy, and peer leadership. Participants will have the opportunity to take part in an annual YMCA leadership conference with other young leaders.

### **YMCA: Day Camp**

YMCA Summer Day Camps offer kids age 4-13 fun-filled days of activities like swimming, arts and crafts, sports, and games, throughout Hamilton, Burlington and Brantford as well as YMCA Wanakita in the Haliburton Highlands. Watch their confidence grow as they make new friends, have fun and develop lifelong skills.

### **YWCA: After School Program**

The YWCA Hamilton is committed to providing quality Ministry of Education-licensed before and after school programs that promote and support healthy active development of children from kindergarten to primary/junior school. Before and after school programs are provided Monday to Friday from 7 a.m. until morning bell, and afternoon bell until 6 p.m.

**YWCA: Good Beginnings**

Licensed Full Day Child Care

YWCA Hamilton offers a variety of programs for children 18 months – 12 years old.

**211 Ontario**

211 quickly and confidentially connects people to social services and community programs across the province. Call, text, or chat.