

CCS Youth Services and Chilliwack Restorative
Justice presents

S.P.A.R.

Speak Out, Play Out, Action and Relationships

Referral Package

Oct. 13th—Dec. 15th
Ages 13–15 years old

Time: 3:30am–6:30pm

Place: Cheam Centre

45501 Market Way



**Chilliwack
Community
Services**
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S.P.A.R. Program Description

Principles of Restorative Justice include building community and responding to challenging behavior by providing a safe opportunity for dialogue, understanding what happened, and discussing together ways to repair the harm. Chilliwack Restorative Justice and Youth Advocacy Association, in collaboration with Chilliwack Community Services, seek to implement a preventative program for youth by connecting them with supportive adults in their community and by providing them with a safe space where ideas and concerns can be shared.

Circle Information

The first part of SPAR will be facilitated in a circle: this is a way people in many cultures have traditionally come together to share their stories and talk about important issues. Everyone sits together in a circle, creating a safe, non-judgmental atmosphere where stories and experiences are shared around the day's topic. Sitting in a circle removes barriers and allows for everyone to see each other while in the circle. A talking piece is also used which allows only the person who has the talking piece to talk, allowing for respectful listening and sharing.

During the circle time, there will be experiential and developmentally appropriate activities that are based on the day's lesson plan. These activities will help to ground learning and have the participants develop a greater understanding of themselves and others.

Recreation Information

The next part of S.P.A.R. will engage the youth in pro-social recreational activities. These activities will be purposeful and will relate to the topics that are covered in the Circle Time component of the program. These recreational activities will work to develop life skills in the youth such as leadership, risk management, discipline, direction finding and resiliency. These skills will be developed through activities that require both problem solving and teamwork. Such as art projects, sport activities, initiative tasks and games.

By the group working together in the recreation activities— they will begin to put to practice the life skills that will be learned throughout the program and realize that these skills apply to their everyday lives and through practice and reflection, these youth will actualize these skills at home, school, and in their relationships.

Every meal in this program will focus on the group working together by cooking as well as practicing mindfulness and participating in meals together. The program will end with a celebration BBQ at Harrison Hot Springs Beach for all successful youth who graduate the program.

Post Program Follow-up

Throughout the program, the group will talk about the importance of practicing the skills the youth will learn while in the program. As a part of this, the staff and youth will work together to connect youth to the community through mentorship and volunteer opportunities. Youth will also be given opportunities for self reflection that will challenge them to evaluate everything they are learning, but also how they want to change for the better.



S.P.A.R

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Referral Form

CLIENT INFORMATION

Last Name:	First Name:	Gender:	Birth Date:	Age:
Current Address:	Contact Number:		Cell Number:	
	School:		Last Grade Completed:	
Legal Guardian:	Contact Number:			

REFERRAL INFORMATION

Referred By:	Organization:		
Referral Date:	Contact Number:	Fax:	
Email Address:	Allergies:	Serious Medical Conditions:	

PROGRAM INFORMATION

Youth is willing to engage in program: <input type="checkbox"/> Yes <input type="checkbox"/> No	
What does the youth want to get out of the program:	
<p>Youth identified areas of strength:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ability to communicate needs/ feelings <input type="checkbox"/> Conflict Management <input type="checkbox"/> Leadership Ability <input type="checkbox"/> Healthy hobbies/sports/activities <input type="checkbox"/> Positive friendships/mentors <input type="checkbox"/> School Performance/Attendance <input type="checkbox"/> Positive Community Involvement 	<p>Youth identified areas of needing support:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ability to communicate needs/ feelings <input type="checkbox"/> Conflict Management <input type="checkbox"/> Leadership Ability <input type="checkbox"/> Healthy hobbies/sports/activities <input type="checkbox"/> Positive friendships/mentors <input type="checkbox"/> School Performance/Attendance <input type="checkbox"/> Positive Community Involvement

Submit this referral package to:

Kristi VanOosteram

Phone: 604.793.3591/Office: 604.393.3023

Fax: 604.393.3470

Email: communitycoordinator@restoringjustice.ca



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S.P.A.R.

Program Schedule

Date	3:30PM Circles	4:30PM Rec. Activity	5:30PM FOOD
October 13, 2016	Building Community: establishing guidelines and perspective taking	Low Ropes Initiative	
October 20, 2016	Building Community: active listening skills and respect	Collaborative Board Games	
October 27, 2016	Accountability: who has been hurt, what can be done to repair the harm	Fields/Gym	
November 3, 2016	Repairing Harm: own your actions, steps to an apology	Sports Initiatives	
November 10, 2016	Think about next time: the ripple effect, problem solving model	Drama Activity	
November 17, 2016	Self-Awareness: emotional awareness and coping skills	Slow Ropes Initiative	
November 24, 2016	Self-Management: emotional regulation and mindfulness	Group Strengths Poster	
December 1, 2016	Self-Management Pt.2: creating SMART goals	Football Activity	
December 8, 2016	Encouraging Leadership: what can you do to be a leader?	Low Ropes Initiative	
December 15, 2016	FUN ACTIVITY	What it means to lead	

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Speak Out, Play Out, Action and Relationships

Is funded by the:

- Civil Forfeiture Office

and

- Victim Services and Crime Prevention Division,

**This project is brought to you
by partnership of:**

- Chilliwack Community Services

- Chilliwack Restorative Justice & Youth Advocacy
Association



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