



ann davis transition society

## Summer Training and Recreation (S.T.A.R.) Program 2017

July 11 – 27 or August 8 – 24  
3 days per week for 3 weeks  
(Tues, Wed, Thurs) 10-3pm  
Open to ages 14-17 years old

**Participants will be introduced to the work-skills and life-skills necessary to successfully obtain and keep employment.**

### **Content:**

While participating in some fun/challenging recreational activities, participants will complete volunteer assignments, attend workshops, learn about the workforce, and meet new friends! In addition each participant will be given one-to-one support and counselling both during and post program.

### **Topics covered may include:**

Problem solving, communication skills, healthy relationships, conflict resolution, ethics/values, anger/stress management, self-care (diet/exercise/hygiene), team work, resume/letter writing, interview skills and more.

### **Target Participants:**

This program is aimed at providing youth with the tools they need to help establish and keep employment. Youth that are interested in learning valuable skills that look great on a resume should apply!

### **Fees/Honorarium:**

There is no fee for this program. Youth will earn **\$25.00** per week for their participation.

### **Application:**

Those who wish to participate will be invited to an interview, similar to that they would encounter in the workplace.

### **Recognition:**

Those completing the three week program will receive a reference towards their career and resume. Participants will also receive a certificate of completion.

### **Follow up:**

One-to-one counselling, assistance returning to school, and/or assistance obtaining and maintaining employment and other supports as needed, for up to one year.

Contact: Imraan or Tammy for more information

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### **S.T.A.R. PROGRAM TESTIMONIALS**

*The Youth Extra Support [aka S.T.A.R.] program was a very helpful program for myself and I am sure many others. The 3 week program not only taught me how to get ready for employment, but also how to self-care, and how not taking care of yourself effects your employment. We learned interview skills, how to deal with conflict in the work place, communication skills and many other important things. During the 3 week program we experienced what it was like to obtain a job. We also made resumes and cover letters that we could use in a work place. The Y.E.S. program is a great program and gives many opportunities to help learn about employment.*

*-Taylor*

*The Y.E.S. [aka S.T.A.R.] program is an amazing program to become more confident. I learned so much in this program. I learned that when working in an environment, like the work environment, you watch what you say, how you treat your employees and customers, and also how you do your job. I learned about eating healthy, getting the right amount of sleep, and at least exercising an hour a day. I also learned how to be more confident about interviews whether it's a group interview or a one on one interview. When I first went to this program, I was nervous on how to find a job, how to go to an interview, and also how to find what I was interested in. We also worked on our skills. We went fishing, played basketball outside, went to Cultus Lake, and also did presentations.*

*-Emilia*

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