

LIFE SKILLS PROGRAMMING

The life skills program at New Beginnings enables youth to gain the specialized life skills they need to grow into successful young adults.

The New Beginnings Youth Opportunities Strategy has implemented a new life skills program that is available to youth between the ages of 12-21 living in one of the four designated areas of Windsor. The four neighborhoods include Sandwich Town, City Centre, Drouillard and Forest Glade. These neighborhoods have been identified as facing increased barriers to opportunities and services within our community.

EVIDENCE BASED PROGRAMMING

New Beginnings has adopted the ARISE Life Skills Evidence Based Programming. ARISE is interactive, easy to understand and has proven successful with youth who face a number of barriers.

“Personal development is the pursuit of developing, honing and mastering the skills that help us become the best that we can, with all that we have.”

New Beginnings Youth Opportunities Strategy

Employment & Life Skills Worker Cassandra Legault and Kim Bose

1049 Janette Avenue
Windsor, Ontario
N9A 5A4
Tel: 519-254-2363
Fax: 519-254-0251
clegault@newbe.ca or kbose@newbe.ca

LIFE SKILLS

YOUTH OPPORTUNITIES STRATEGY



GROUP PRESENTATIONS:

The life skills program is available for group presentations in the community, in grade schools and high schools, and at local community agencies.

There are over 2000 tips, tactics and strategies available that successful people use every day of their lives.

To book a group workshop, please review the list of life skills topics and contact the Employment and Life Skills worker for availability.

INDIVIDUAL OR GROUP PROGRAMMING

This program covers a wide range of lessons. Below are a list of topics that youth can seek assistance with. Youth will gain the skills they desire to become well rounded individuals.

The program is fun and interactive! Call the Employment & Life Skills Worker to begin today.

COOKING SKILLS

The Youth Opportunities Strategy has renovated a brand new cooking facility to teach young people essential cooking skills, smart shopping techniques, nutrition information and the importance of kitchen safety.

Please Contacted Employment and Life Skills Worker for details.

LIFE SKILLS TOPICS

- Self Esteem
- Learning Strategies
- Study Skills
- Listening
- Improving your memory
- Proper Etiquette and Good Manners
- Attitude
- Body Language
- Keeping Safe
- Nutrition
- Time Management
- Setting Short Term Goals
- Long Term Goals
- Overcoming Procrastination
- Money Management
- Becoming a smart shopper
- Budgeting
- Bank Accounts, credit cards, debit cards
- STD's
- Health and Exercise
- Controlling Worrying
- Conquering Fear
- Controlling Stress
- Tips for Forgiveness
- Avoiding Guilt
- Fair Play and Values
- Handling Anger and Temper
- Dealing with Confrontation
- Dealing with Abuse
- Coping with Depression
- Personal Hygiene

Youth have the flexibility to work on any number of the topics listed above. During an intake, youth can choose which topics are right for them and together we will create a roadmap that meets each youth's individual needs.