

Skillstreaming / Prosocial Skills

This program covers 6 skills groups and will be used also as a post anger management program. The skill groups operate as an open ended program, covering 8 weeks and include: Beginning Social Skills, Advanced Social Skills, Dealing with Feelings, Alternatives to Aggression, Dealing with Stress, and Planning Skills. This program will provide participants an opportunity to apply and learn valuable skills through a series of role-plays, made to be as close to real life situations as possible.

Life Management Skills

Life management Skills is a program consisting of a set of eight volumes, containing 50 activity-based handouts. The topic areas include activities of daily living, communication, coping and recovery skills, discharge planning, emotions, grief & loss, leisure, living with mental illness, physical health, positive thinking, relationships, self-esteem, spiritual support, and stress management. Each participant is involved in selecting areas relative to their own needs and identified goals. Participants will be required to participate in playing the Life Skills Circle Game, where they integrate and practice the skills learned by the activities completed.

Literacy, Tutoring & Education

Tutoring and educational support is available for youth who are attending a community school and require assistance with homework or other school related issues. For those not currently enrolled in a school program, we will provide access to Independent Learning Courses (ILC) through one

of our current Section 20 community school programs, in partnership with the Greater Essex County District School Board of Education.

Employment Readiness, Job Search and Resume Writing Skills

Participation in this program will develop basic and advanced employment skills. All youth will benefit from a coordinated approach, providing long-term support and services that will make finding and keeping a job easier. Youth Workers will provide assistance by assessing needs and developing an employment action plan with the youth. This plan will meet their individual employment needs and career goals, while providing support for the youth to follow through with their plan.

Addictions Counselling

This program is administered by a licensed Chemical Dependency Counsellor, specializing in several areas, with emphasis on providing services in a holistic and client centered manner.

This service will be administered through group and/or one-on-one sessions for youth experiencing problems and/or negative consequences related to their addiction (alcohol, drugs, gambling, eating disorder etc). The program will address such areas of concern as signs and symptoms, motivation, self-esteem, stages of change, relapse preventions, as well as provide after-care support.



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**Program
Information**

Program Information

New Beginnings was incorporated in 1971 in Windsor, Ontario. New Beginnings is a community based organization which provides residential and non-residential youth services.

New Beginnings has entered into a partnership with the Windsor Essex Catholic District School Board for the purpose of providing non-academic programs and support services for students who are either suspended or expelled.

Adolescence is a difficult time of adjustment and change for the healthiest of youth; one of the elements that can affect this developmental process is the support by a stable environment.

New Beginnings provides our youth the opportunity to make positive adjustments through this period and supports him/her to explore positive life changes.

Programs are scheduled Monday through Friday from 9 am to 8 pm and Saturday from 10 am to 6 pm.

The program will provide more constructive, long-term and sustainable solutions to youth crime that reinforce important societal values such as, respect, responsibility and accountability. This will be achieved by providing intensive programming that promotes family involvement, community support, positive attitudes and behaviour, and the development of appropriate social skills involving key members of the case management team and community resources as required.

How to Access the Program

Each youth will have an assessment completed and an individualized plan will be developed with a focus on the areas that present the greatest risk and require the greatest need for intervention. The proposed schedule, hours of attendance and the nature of the programs for the youth will be determined in conjunction with the youth, his/her family and a school board official. A Primary Worker from the Attendance Centre will be assigned to facilitate the case management.

Programs Offered

Moral Reconciliation Therapy (MRT)

The MRT program is a systematic, step-by step, cognitive-behavioural program designed at elevating the offender's level of thinking and reasoning. MRT consists of a 16 step process which revolves around the achievement of seven goals: confrontation of beliefs, attitudes and behaviour, assessment of current relationships, reinforcement of current positive relationships and habits, positive identity formation, enhancing self concept, decrease hedonism (pleasure) and development of frustration and intolerance, as well as the development of elevated stages of

moral reasoning. Each of the 16 steps are related to "Personality Stages" which include: Disloyalty, Opposition, Uncertainty, Injury, Non-Existence, Danger, Emergency, Normal, and Grace. Participants complete the steps by both written exercises and through mandatory group sessions where testimonies are completed and presented to their peers. The goal of the program is to re-educate offenders, so they are able to display positive habits and value-oriented behaviour, based upon higher levels of moral judgment.

Coping with Anger/ Healthy Relationships

(Anger Management)

Coping with Anger, is a cognitive-behaviour anger management program that is closely linked to the MRT program. Participants learn to manage feelings and behaviours accompanying anger. There are 8 Modules in the program and participants must read each module and complete the exercises for the module before attending the weekly group session. The Modules include: Anger, A Great Destroyer; How Anger Occurs; Choosing New Behaviours; Choosing New Behaviours II; Choosing New Behaviours III; Anger, Violence and Abuse; Frustrations and Goals; and Commitment to Change.