

**Resilience Project  
Program Guide  
April to December 2021**

Partner name	Activities under RP	Description of group/activity	Age group	Registration info
FACS W	<b>Creative Space – arts</b>	<ul style="list-style-type: none"> <li>- Creative Space is a safe space for children focusing on the development of their artistic skills, socialize in a safety environment, built positive values. encouraging them to find their own style and develop resilience skills in the process of making art happen.</li> </ul>	6-12 years	Spring, Summer & Fall 2021 <a href="mailto:Resilienceproject@facswaterloo.org">Resilienceproject@facswaterloo.org</a>
	<b>Music Academy</b>	<ul style="list-style-type: none"> <li>- explore our musical creativity! getting to know each other, play games, and listen to or sing songs that we like. Each week we build our musical skills, whether that be rhythm, singing or knowledge of the keyboard, so that we can start to make our own music.</li> <li>- The kids get to learn how to use a free app called BandLab that lets them record vocals and instruments, use electronic instruments like synthesisers and drum machines, and make up original songs or cover some of their favourite hits.</li> </ul>	6-12 years	
	<b>Players Theatre</b>	<ul style="list-style-type: none"> <li>- games, improvisation, and scene exercises, and building characters of our very own!</li> <li>- use theatre skills and techniques to build a sense of cohesion, inclusion, and community.</li> </ul>	6-12 years	
	<b>RESILIENT REBELS YOUTH PROGRAM</b>	<ul style="list-style-type: none"> <li>- opportunities for youth to gain valuable experience/skills, personal growth, leadership, empowerment, local/global awareness, positive peer connections/social interactions, community connections.</li> <li>- earn volunteer hours, that can be put towards resumes, job applications and high school community service hours.</li> </ul>	14-25 years	<a href="mailto:SpecialSrv.Referrals@facswaterloo.org">SpecialSrv.Referrals@facswaterloo.org</a>  October – June
	<b>I AM Youth</b>	In partnership with Women’s Crisis Services		
Women’s Crisis Services of Waterloo Region	<b>Trusting Loving Connections (TLC)</b>	<ul style="list-style-type: none"> <li>- helps caregivers understand their own childhood experiences and attachment relationships, and how they impact their own parenting and relationships with their children</li> </ul>	Caregivers & children 12 and under	Spring, Fall, and Winter 2021 <a href="mailto:Angela.saldanha@wcswr.org">Angela.saldanha@wcswr.org</a>
	<b>I AM – youth education group</b>	<ul style="list-style-type: none"> <li>- free afterschool program to build healthy relationships with friends, family and classmates through building self-esteem and self-worth.</li> <li>- Through fun, engaging and interactive activities, I AM examines the importance of having healthy relationships and a positive personal image.</li> <li>- It brings awareness and explores topics that can impact an individual’s self-esteem and how that can affect daily decisions and relationships in an age of strong media influences</li> </ul>	Grades 6-8	<a href="mailto:Angela.stahlbaum@wcswr.org">Angela.stahlbaum@wcswr.org</a>
Hummingbird Centre for Hope	<b>Legacy Kids</b>	<ul style="list-style-type: none"> <li>- How do we raise, support and care for our child(ren) after the death of their parent? Where do we find the words to help them navigate their grief?</li> </ul>	Parents	<a href="mailto:marny@hummingbirdcentreforhope.com">marny@hummingbirdcentreforhope.com</a>

		<ul style="list-style-type: none"> <li>- How do we differentiate between normal childhood behaviour and behaviour of a grieving child? How do we help our children to not only survive this tragedy but to thrive and grow from it?</li> <li>- This 3-week seminar will provide education and practical support to equip parents with tools and strategies to effectively support your young family.</li> </ul>		
<b>African Family Revival Organization</b>	<b>Mini Me to We –</b>	<ul style="list-style-type: none"> <li>- Cultural enrichment</li> <li>- Girls’ groups</li> </ul>	Girls ages 11-14 grade 7-8-9	<a href="mailto:monal@afrofamily.ca">monal@afrofamily.ca</a>
<b>Eritrean Islamic Community of KW Region</b>	<b>Youth Education</b>	<ul style="list-style-type: none"> <li>- Tutoring program for youth grade</li> <li>- Enrolling youth to online help resources</li> </ul>	Kids between Grade 4 - 12	<a href="mailto:eritreankwr@gmail.com">eritreankwr@gmail.com</a> <a href="mailto:abdurahman_ms@yahoo.com">abdurahman_ms@yahoo.com</a>
<b>Bridges to Belonging</b>	<b>LINKS =Learning-Identity-Networks-Konnection-Strengths)</b>	<ul style="list-style-type: none"> <li>- 5-week virtual experience of learning, discovery and creating LINKS for youth experiencing social isolation and barriers to inclusion</li> <li>- LINKS Evening Sessions (Tuesdays) - June 8th to July 6th - 6-8 pm</li> <li>- LINKS Camp - July 5th to July 9th- 9:30am - 12:00pm</li> </ul>	14 -24 years	<a href="mailto:info@bridgestobelonging.ca">info@bridgestobelonging.ca</a>
<b>Muslim Social Services of KW region</b>	<b>Play with Me: Youth Empowerment</b>	<ul style="list-style-type: none"> <li>- Play with Me creates a safe space for Muslim Youth and empower them to take more initiative and responsibilities in their personal, social, and school life.</li> <li>- is a safe space for children focusing on the development of their artistic skills, socialize in a safety environment, built positive values encouraging them to find their own style and develop resilience skills in the process of making art happen.</li> </ul>	12- 16 years	<a href="mailto:rozina@muslimsocialserviceskw.org">rozina@muslimsocialserviceskw.org</a>
	<b>Families Art Express Project</b>	<ul style="list-style-type: none"> <li>- The Family Art Express project will centralize marginalized and racialized families and their stories, filling the gap related to social isolation and in a community of many different peoples.</li> <li>- The project will reflect cultural diversity by creating and presenting artistic work of different family members and will support healthy family dynamics.</li> <li>- Participants will be supported to create and present artwork that is accessible, and affordable to low-income families while creating a space for immigrant, refugee, and marginalized voices to be heard.</li> <li>- Five families having different age groups of children will be connected through weekly groups starting mid April 2021.</li> </ul>	Families	<a href="mailto:rozina@muslimsocialserviceskw.org">rozina@muslimsocialserviceskw.org</a>
<b>CAYA</b>	<b>Kids Connecting</b>	<ul style="list-style-type: none"> <li>- Working with children zooming to make sure that the kids have a connection among themselves we are also to help them with the homework during the pandemic and lockdown.</li> <li>- help family with condition with the pandemic we are motivating everyone to get vaccine’s and we are going to figure out what the youth want to do and see how the pandemic affected them and how they are going to be able to go back to the normal activities like basketball and soccer. We are going to be working to mobilize community members to get the vaccination</li> </ul>	6-21 years old	Spring, Summer and Fall 2021 <a href="mailto:cyouthassociation@gmail.com">cyouthassociation@gmail.com</a>

<b>Return of the Dragon</b>	<b>Boxing and self defense classes</b>	- boxing & self defense skills for youth	Youth	<a href="mailto:returnofthedragonma@gmail.com">returnofthedragonma@gmail.com</a>
<b>Adventure for Change</b>	<b>Summer Camps</b>	- Healthy Bodies Camp - Music/Drama Camp - STEM Camp - Africa Camp - Five Fun Days	Grades 1-6	
	<b>Basketball</b>	- Boys Basketball	Grade 5-8	
	<b>Soccer</b>	- Community Soccer		
	<b>Girls Sports</b>	- Girls Sports Night	Grade 1-10	
		- Young Queens Collective	Grade 7-12	
		- L.I. / HOFYL		
		- Coding Program	Grade 7-8	
		- Genesis	Grade 10-12	
		- Canoe Trips/Mentorship Experiences	Grade 7-12	
		<b>The Youth Accelerator Project</b>	- Mentoring & internship	Grade 7-12
<b>Somali Canadian Association</b>	<b>Homework support program</b>	- Providing homework support for kids and families to Somali community in the region	Grade 1-12	<a href="mailto:faduma.musse@hotmail.com">faduma.musse@hotmail.com</a>
<b>Ethiopian Association</b>	<b>Soccer games</b>	- Providing indoor and outdoor soccer and basketball games for kids of 5 years and above. This is a weekly practice and help many families give them a break where they can go and do groceries when their kids are being active. I do see the benefit for both children and parents. - Financial Literacy courses	Kids of 4+ and families – youth	<a href="mailto:dennyaschnaki@gmail.com">dennyaschnaki@gmail.com</a>
	<b>Youth Volunteers</b>	- Supporting youth volunteerism in the community		
<b>KWAG</b>	<b>Sensory Friendly Saturdays</b>	- Scheduled on the first Saturday of every month from 11:00am-12:00pm. During these hours, reduced light and volume levels in our exhibition spaces and lobby provide a relaxed environment for people living with autism and others who require or prefer a low-stimulation experience.	All	<a href="mailto:sclinton@kwag.on.ca">sclinton@kwag.on.ca</a>
	<b>Youth Council</b>	- Free after school virtual meet up. - Every second Tuesday during the school year - <a href="https://kwag.ca/civicrm/event/info?reset=1&amp;id=380">https://kwag.ca/civicrm/event/info?reset=1&amp;id=380</a>	Grade 7-12	<a href="mailto:sclinton@kwag.on.ca">sclinton@kwag.on.ca</a>

