



ABOUT KAFUI SAWYER

Kafui Sawyer is the founder and executive director of Joy Health and Research Centre. She is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario. Kafui is also licensed and accredited with MY FRIENDS and Pathways Health and Research Centre based in Australia. This accreditation makes her one of the only people who is licensed to administer the Youth Skills for Life Program in Canada.



TO REGISTER:
WWW.TINY.CCYOUTHSKILLSFORLIFE

JOY HEALTH AND RESEARCH
CENTRE
343 PRESTON STREET
SUITE 1136

(613)890-7792
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YOUTH

SKILLS FOR LIFE



JOY HEALTH AND RESEARCH
CENTRE

JANUARY 31 - APRIL 4 2017



ABOUT YOUTH SKILLS FOR LIFE

Youth Skills for Life teaches skills that build resilience. Resilience enables youth to meet difficulties and challenges more effectively.

PROGRAM INFORMATION

Time: Tuesday nights, 6:30-8:00 pm

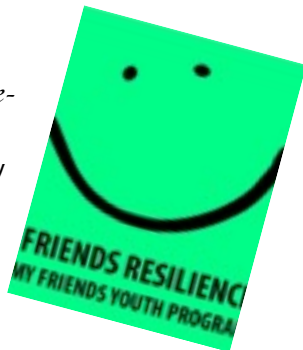
Jan 31- April 4, 2017

Location: 343 Preston Street
Suite 1136

Cost: \$500 per youth for ten weeks

Registration deadline: Jan 17

MY FRIENDS
programs are evidence-
based programs that
have been approved by
the World Health
Organization.



Youth Skills for Life

(ages 12-15)

WHAT YOUTH WILL LEARN

- Understanding our feelings and other people's feelings
- Controlling intense adolescent emotions
- Developing empathy with family members and teachers
- Developing effective relationships
- Sports relaxation techniques
- Mindfulness skills
- Learning to compromise effectively
- Choosing constructive friendships
- Preventing bullying or being bullied
- Resisting peer pressure
- Choosing appropriate role models
- Setting realistic goals and priorities
- Learning organizational skills
- Becoming a positive thinker
- Giving back to our parents, schools and communities

RESILIENCE FOR FAMILIES

The Youth Skills for Life program is most effective when the whole family is involved. That is why Joy Health and Research Centre is also offering Strong Not Tough, a program for parents and other adults who would like to strengthen their resilience. For more information on Strong Not Tough, please contact Joy Health and Research Centre.

