



RCIY PROJECT WORKSHOP SERIES:

SUMMARIES

(17-29 years old)



CENTRE DE SANTÉ COMMUNAUTAIRE
BLACK CREEK
COMMUNITY HEALTH CENTRE



Public Safety
Canada

Sécurité publique
Canada

1. introduction

This workshop will introduce the RCIY Project, staff and its mandate, along with the expectations of the workshops series and upcoming topics. This will follow up with a brief presentation on self-concept and self-esteem.

2. gun violence

This workshop aims to discuss the concept of gun violence, and the trends surrounding gun violence within the city of Toronto and the direct impact on communities and families.

3. Social contracts – Police*

This workshop aims to discuss personal experiences when confronted with the police and knowing your rights when interacting with law enforcement. This also touches on the Charter of Rights, excessive force vs reasonable force, and building awareness of the positive and negative aspects of police interaction.

4. substance abuse & addictions*

This workshop aims to discuss the concept, influence, interactions and risk factors of substance abuse and the behaviours surrounding addictions. There will be a demonstrated with harm reduction kits and a question & answer period.

*Potential Guest Speaker available

workshops



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5. building healthy relationships*

This workshop aims to explore the quality and values of various types of relationships as well as learning how to approach and develop different types of relationships with boundaries. In addition, this workshop will describe the 5 types of communication and common errors that may impact effective communication/relationships.

Potential Guest Speaker: Joy, Nurse Practitioner, BCCHC

6. stress management

This workshop will cover the concept of stress, the different aspects of stress (eustress, distress) and the common factors (i.e. media, expectations) that foster general and social anxiety. This workshop provides tips and advice on coping mechanisms during stressful events.

7. self-care*

This workshop will cover the concept of self-care, the dimensions of, and the importance and need to apply self-care with manageable, practical strategies.

8. public speaking

This workshop will discuss the importance of public speaking, and the elements of how to deliver an effective message (speed, tone, filler words, body language etc). Practical tips and strategies will be addressed in improving confidence in public speaking in various situations.

*Potential Guest Speaker available

Workshops



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Workshops

9. financial literacy*

This workshop discusses the importance of money management during teenage and adult life and how to build wealth and general financial literacy. Additional concepts discussed are: benefits of controlled ownership and financial priorities, different types of financial plans, and the understanding of budgeting and investing.

10. job interviews

This workshop will discuss the fundamental elements of the job search, the stages before, during and after interview process and interactive, hands-on activities (research on company, mock interviews).

11. human trafficking

This workshop will discuss the aspects of human trafficking, the laws specific to human trafficking and the dangers, risks, and recruitment tactics associated with human trafficking. Practical strategies will be addressed to participants to increase their knowledge and awareness.

12. where do I go from here? planning your future

The final workshop of the series will reflect on progress on what participants achieved from the presentations, understanding goals, and skills required to achieve, taking necessary steps to remain motivated beyond the workshop series.

*Potential Guest Speaker available

If there are specific topics specific to your institution/organization not listed above, please contact Ms. Eboni at 437-980-1949 to discuss how best to support your requests.