

AFTER SCHOOL PROGRAM



The Real ME After-School Program offers fun and engaging activities for youth of all ages, focusing on physical, financial, and emotional literacy. The program provides counseling, tutoring, and social activities in a safe, supportive environment where youth can truly be themselves. We also offer co-delivered programs in partnership with Alberta Ballet, AQ Outdoors, and local community members, including ballet, kayaking, sewing, and breakdancing. These collaborations help us provide diverse and enriching experiences for our participants, while fostering greater engagement and inclusivity for newcomers across all areas.

Research shows that newcomer children and families face many barriers when trying to access physical activity opportunities. These barriers include costs, transportation issues, language challenges, discrimination, and a lack of information. As a result, many newcomers experience higher levels of inactivity and feel less connected to their community, which can affect their sense of belonging.

The program is based in the Marlborough area, which has a large newcomer population and is easily accessible by public transit. It helps break down these barriers by offering free activities, giving youth the chance to make new friends, build confidence, and develop new skills. Additionally, we serve over 700 youth, with our impact continuing to grow. We help more youth every year as the demand for these services increases in the community.

Eligibility Criteria

- Youth aged 6–24 years
- Youth and children with at least one parent born outside of Canada
- Youth who voluntarily choose to participate in the program

To learn more please contact us at
youthprograms@centrefornewcomers.ca.