

# CRIME PREVENTION & GANG INTERVENTION



The Real Me program is a multifaceted intervention and prevention initiative for first- and second-generation newcomer youth, aged 12-24 years old, and considered high-risk for criminal or gang involvement. The program utilizes a combination of high-fidelity and motivational interviewing intervention wraparound approaches to build a team of natural supports and develop monthly goal setting plans that promote long-term behaviour change.

The program is delivered through individualized case management support and utilizes six key services to engage youth participants, including academic tutoring, counselling, prosocial, mentorship, employment and life skills, and family support.

**Employment and Life Skills** – connecting youth to resources, programs, and coaching for employment and life skills development.

**Academic Support** – tailored academic support through one-on-one tutoring or group sessions

**Prosocial Support** - engaging youth in positive community activities including sports and recreation, volunteerism, and the arts.

**Counselling** – individualized, culturally appropriate, and trauma-informed therapeutic counselling, with opportunities for assessments

**Mentoring** – when youth are ready, we match them with mentors in the community to help increase the number of positive support people in their lives.

**Family Support** – general support for the parents and families of participants to meet needs such as community resource referrals, assistance with filling out forms, and educational workshops such as how to navigate the education and healthcare systems, parenting in Canada, how to use public transit, etc. (For more information on becoming a family mentor, see below.)

### **Eligibility Criteria**

- We work with either first-generation youth (those born outside of Canada) or second-generation Canadians (those born in Canada with at least one parent born outside of Canada), regardless of immigration status
- Youth between the ages of 12-26 years old
- Youth are currently involved in or at high-risk of criminal or gang involvement.
- Youth voluntarily willing to participate in the program.

**To refer a youth or ask questions please email [realme@centrefornewcomers.ca](mailto:realme@centrefornewcomers.ca) or to volunteer with the family support team, please email [volrequest@centrefornewcomers.ca](mailto:volrequest@centrefornewcomers.ca)**

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