

FRESH START PROGRAM



The Real ME Fresh Start Program is designed to support Newcomer youth with relevant, timely and critical informational resources and orientation as they settle and go to school in Canada. This service will provide an opportunity for one-on-one engagement with clients to support them with tools and resources that help address their needs. This is a community-based approach where staff are working from local schools and community hubs. We conduct needs and risk assessments and develop effective services and intervention plans with clients using the High fidelity Wrap Around Model which focuses on fostering a youth's natural support system and making sure the youth feel heard and seen.

Settlement plays a significant role in the success of newcomer youth in Canada, which is why this service is essential to ensuring positive outcomes for this demographic. The case manager collaborates with various service providers to alleviate the pressure on current systems, as many schools are operating at 95% capacity, with others exceeding this limit. This overcapacity makes it difficult for youth to receive adequate support or access critical information on prosocial activities, tutoring, and essential services. The demand for this program is evident, with 49 active clients and growing number of referrals from community partners.

Some services in the program comprise of education-related support. When deemed necessary, we participate in intake assessments at schools and support case advocacy activities. We also conduct workshops on life skills, achieving success in school, improving family functioning and skills development. Other workshop themes include cultural bridging, intergenerational relationships, and increased youth responsibilities in schools and at home

Criteria

- Youth between the ages of 12-24 years
- Youth with Permanent Resident or Refugee status
- Youth voluntarily willing to participate in the program

To refer a youth or ask questions please email
freshstart@centrefornewcomers.ca