



**COURAGE**  
— FOR —  
**YOUTH**

Est. 2003

**70.2%**

of Canadian School Aged  
Children reported  
deterioration of mental  
health in 2020.

- Cost et al., 2021

**"We have become a culture trying to make sure our kids are comfortable...[but] life doesn't work that way!" - Lynn Lyons**

## With Your Help, We Can Do Better

“The key active, core ingredient to building resilience are the relationships kids have to others who care about them.”

- Center on the Developing Child at Harvard University, 2015

Since 2003, we've partnered with Educators, Counsellors and Parents to create programs that support youth by:

1. Developing **relational & emotional strategies** to thrive amidst the ups and downs of life.
2. Empowering students to **stand against bullying** using empathy & courage
3. Challenging harmful **social media messages** through deepening each students' understanding of their own personal values & strengths.

**"Thank you for teaching me the most important things I will learn this year."  
- Ryan, Grade 7**

**"It changed us - it changed our school"**

**Grade 6 teacher**

CFY Programs create experiences where students see their classmates in a new light. In a classroom recently, a student disclosed to his peers that he felt ignored and unvalued by them. Shortly after, his classmates pledged their SCREAM "hero project" to him. They promised to use their words and actions to create an atmosphere that felt caring and safe for this fellow student.



**Make an Impact:  
Partner with CFY Today**

Your giving ensures schools, students, and parents receive the programming & tools to build resilient youth. Since the COVID-19 Pandemic began, *the need is more pronounced than ever before*. With your help, we can expand our program reach to help create stronger schools & a more hopeful future.

**Students Reached:**

**Before Covid: 3,476**

**Covid Year: 2,046**

**Current Goal:**

**3,500**

*\*Students Per School Year*

**Educator Testimonials**



*The Courage for Youth Facilitators are professional and caring, and connect well with students and teachers. CFY programs make a difference in the lives of students and the life of the school community.*  
- Brenda Kirsch, Principal

*This is really powerful, important awareness for kids this age to develop. Thank you!*  
- Sean Larkin, Teacher



## DONATION NEEDS 2021/2022



### Cornerstone Programs

#### Voices - Grade 5

Cost per student	\$60
Cost per classroom (30 students)	\$1,800



#### SCREAM - Grades 6+

Cost per student	\$75
Cost per classroom (30 students)	\$2,250



### Other Programs

Assembly Program (per school)	\$400
Parent & Community Events	varies



### Staffing

0.5 Monthly Staff Salary	\$2,500
Total Monthly Staff Salary	\$7,500



### Office Space

Monthly Lease (est.)	\$1,000
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**Make Your Impact Today:**

[www.courageforyouth.com/donate/](http://www.courageforyouth.com/donate/)  
or [info@courageforyouth.com](mailto:info@courageforyouth.com)