

“ Challenging youth in growth, and  
empowering through experience. ”

## Social Value Created

Social value is created in a number of ways through investing in programming for at-risk youth. Value is created for the youth in increased self-esteem, greater social inclusion, feelings of empowerment, new friendships , and less boredom/more options. This translates into other systemic value, where these at-risk youth also experience decreased risk of suicide, high school drop-out, or criminal involvement. Overall, as the risk factors of certain youth in Lethbridge are reduced, and protective factors are fostered by building resiliency, these youth experience change that leads to greater positive involvement in the community, less destructive and anti-social behavior, and increased community cohesion overall. By pro-actively addressing the issues of at-risk youth and engaging them in healthy behaviours, long-term behavioural problems can be avoided, and youth can transition into adulthood as successful community members and responsible citizens.

Investing in our youth – Investing in our future



## LETHBRIDGE FAMILY SERVICES

Counselling, Outreach & Education Dept.

### Fast Facts

#### Lethbridge Family Services (LFS)

LFS is a private, non-profit community agency dedicated to providing services to those in need, regardless of economic status.

The agency provides community-based support to individuals and families to facilitate human potential, choice and independence. Through advocacy, public education, prevention, intervention and community development, Lethbridge Family Services responds to emerging family needs.

#### Building Bridges: Creating Resiliency (BBCR)

By engaging at-risk youth and developing their resiliency while they are still young, the program seeks to decrease the likelihood of future criminal involvement and improve the overall functioning of individuals in the Lethbridge Community.

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Integrity Compassion Understanding Respect  
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For more information on the  
BBCR Program, or to stay updated  
with our activities, visit our webpage



<http://lfsfamily.ca/COE/OE/bbcr.php>



For adolescents in the community  
of Lethbridge & Area



# What is the BCCR Program, and what does it offer?

Building Bridges: Creating Resiliency (BBCR) is an intensive program designed to address the risk factors which lead to at-risk youth involvement in the criminal justice system or unhealthy behaviours, and is designed to serve adolescents currently enrolled in mainstream or alternative high school settings.

Using the community expertise built within Lethbridge Family Services, the Building Bridges program was created as a school-based outreach program for at-risk youth in Lethbridge. The program aims to increase the resiliency of at-risk youth by addressing underlying issues present in their lives, engaging them in socially inclusive activities, and promoting healthy relationships for these youth.

The BBCR program is a part of the Counselling, Outreach & Education (CO&E) department of Lethbridge Family Services (LFS). The program was established in 2010 as an extension of previous O&E programs which engaged with youth, in pursuit of growth, success, and empowerment in the community of Lethbridge.

Check out the back page for more details on Lethbridge Family Services as a community agency

## Program Approaches

### In-School Resiliency Groups:

Weekly engagement directed towards building trust, creating group dynamics and introducing youth to appropriate role-models.

### Alternative Activities:

Activities like scuba diving, wall climbing, and creative arts, help to introduce healthy risk-taking and creative expression, while increasing social inclusion and the ability of youth to experience “normal” childhood fun.

### Community Volunteer Experience:

Volunteer experience with organizations like the humane society and the local soup kitchen. This helps youth increase their sense of empathy, and connection to the community.

### Adult-Youth Mentoring:

Individual one-to-one mentoring time allows the youth to build healthy relationships with adults, express individual concerns, and experience caring from someone outside of their family.

### Experiential Retreat:

At the end of the school year BBCR participants have the opportunity to take part in an experiential weekend away from the confines of the city.

### Summer Programming:

Various social, civic, and healthy risk-taking activities are offered throughout the summer months to promote more options and lessen boredom.

## BBCR Healing Wheel

The BBCR Program adopts Indigenous philosophies to guide program delivery and interaction.

### Indigenous Medicine Wheel

The Medicine Wheel represents harmony and connections and is considered a major symbol of peaceful interaction among all living beings on Earth. The wheel embodies wholeness of physical, emotional, intellectual and spiritual self. When one is connected to self and others, healing takes place.

From this philosophy, BBCR believes that all people, with a particular focus on our youth, must remain connected to self and others in a journey of healing. The BBCR facilitators collectively work with the youth participants, Lethbridge Family Service, and the community at large in effort to ensure healthy human growth among our youth within community.

May you grow up to be righteous, may you grow up to be true. May you always know the truth and see the lights surrounding you. May you always be courageous, stand upright and be strong. May you stay forever young.

— Bob Dylan

“ May you stay forever young ”