

# SURE

Helping young people today.  
Changing lives tomorrow.

The Self-Understanding and Regulating Emotions (SURE) program aims to address emotional and behavioural issues among young people aged 12 to 14 who face barriers in developing strong emotional and social skills.

It achieves this by teaching self-awareness and emotional regulation skills in a group setting. The concept for SURE emerged in response to an identified gap in service in Hamilton for programs that provide young people with appropriate anger management education and supports, which are essential to building emotional resilience. The SURE program was seen as an essential component of the continuum of services offered by Banyan's Children's Services.

It helped me to become a better person and open up a lot of opportunities for my future

A PARTICIPANT



## Mission

### Our Commitment:

We support and stabilize children and youth with complex needs alongside their families.

Delivered through our youth justice and community programs.

To build a foundation for positive growth and development.

## Vision

Foster hope.  
Inspire change.  
Achieve potential.

## Values

Advocacy  
Respect  
Inclusiveness  
Responsiveness  
Accountability  
Transparency



The SURE Program helped me and my child connect. It brought us together and helped us maintain a sense of calm that we had been missing for a while. I feel like it helped me back on the right track as a parent and made me understand I am not alone and it tuned up my “tool box” to better my relationships in general.

PARENT

## How does this program work?

Within a family group setting this program provides knowledge and skills in self-understanding and regulating emotions for youth between the ages of 12–14. This program aims to have both the youth and their parents learn to better identify their thoughts and feelings so they can develop/enhance skills around problem-solving, pro-social decision making, and assertive communication.

### Some problems may include:

- Emotional dysregulation – a lack of self-awareness and ability to identify feelings effectively
- Poor coping skills or strategies
- Argumentative communication
- Defiant behaviour

### Services offered:

- Education around feelings and thoughts
- Connect thoughts to actions – prosocial behaviour
- Assertive Communication approaches
- Self-regulating strategies
- Self-awareness of emotions
- Problem solving or compromise solutions
- Building social skills to better enable positive community participation

## Referrals

Youth referred to this Program must meet the following criteria:

- Aged 12-14
- Able to work in a group setting

To contact the SURE program:

**905-544-7778 x3131** [SURE@banyancs.org](mailto:SURE@banyancs.org)

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[banyancommunityservices.org/sure](http://banyancommunityservices.org/sure)