



THRIVING WELL

BY YOUTHRIVE & CITY SCHOOL

EMPLOYMENT & WELLBEING PROGRAM DESIGNED FOR
AND WITH CONSULTATION FROM
BLACK, INDIGENOUS AND RACIALIZED (BIPOC) YOUNG FOLKS

When youth are empowered, engaged, and included, youth will thrive!

City School by Mohawk College would like to invite you to join Thriving Well!

This is an 11-week workshop series for Black, Indigenous, and Racialized (BIPOC) youth offering personal, professional, and wellbeing development. This in-class learning opportunity will allow you to connect with other like-minded youth in your community as you work together to develop skills to assist you with both employment and education pathways that may interest you. You will also have the opportunity to talk about education and employment barriers and strategies that relate to your wellbeing as a BIPOC youth.

Program Outcomes



Education pathways preparation



Wellness skill building workshops



Employment pathways preparation



Short-term YMCA membership for physical wellness



Program Perks!

Dinner, snacks and bus fare included in program
Upon completing this program will receive a \$400 honorarium – just for attendance!
Free short-term access to the YMCA

Visit our Thriving Well webpage for additional details and registration.

For specific questions, email our Learning Support Specialist at:

sara.ali2@mohawkcollege.ca

St. Joseph's
Healthcare & Hamilton

Youth Wellness Centre

