

IN THE LEAD 180 REFERRER INFO SHEET



PROGRAM DESCRIPTION

In the Lead 180 is a **strength-based** leadership program for young people who have had **involvement in the justice system**.

In the Lead 180 reaches youth and young adults in **Alberta** who are struggling to use their natural leadership ability in beneficial ways.

Our curriculum encourages young people to **transform** their views of themselves, their communities and their futures so they make better choices. Our objective is to enhance key protective factors known to **reduce risk taking behavior and re-offending**.

In the Lead 180 has proven to increase **resilience**, increase **self-esteem** and create a **positive connection to the community**.

DETAILS

Who: Young people ages 14 - 24

When: 14 -17 year olds

Tuesdays from 6pm - 7:30pm

18 - 24 year olds

Wednesdays from 6pm - 7:30pm

Where & Length: Online - 6 sessions

Program Requirements:

- Show strengths and leadership potential
- Have a device with access to the internet
- Have a functioning camera & microphone
- Participate from a private space



Note: Program intake is ongoing REFERRAL PROCESS

1. Ensure the young person meets the program requirements
2. Complete the referral form at intheleadcalgary.com
3. Email inthelead180@cyjs.ca or call **403-606-1303** if you have any questions

Referral sources will
receive weekly updates.



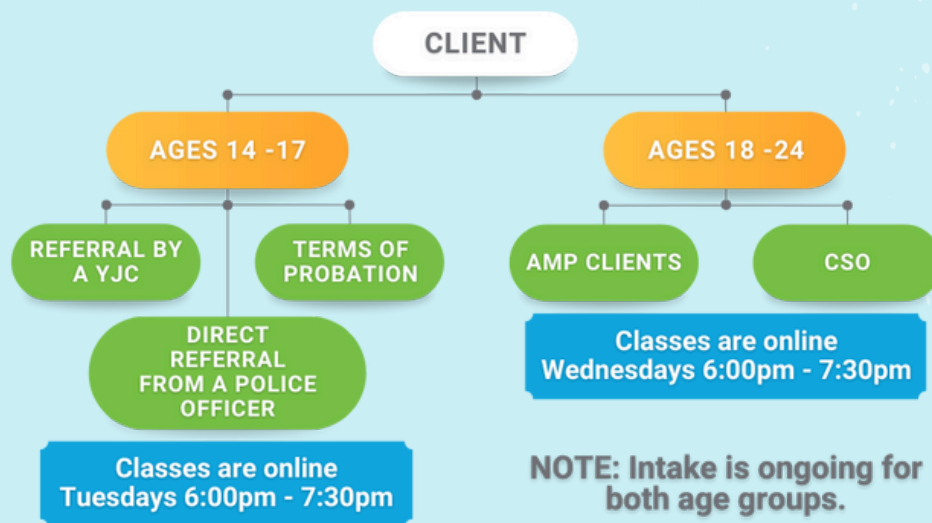
CALGARY
YOUTH
JUSTICE
SOCIETY

Alberta



A program by
CALGARY
YOUTH
JUSTICE
SOCIETY

IN THE LEAD 180 REFERRAL OPTIONS



What do participants learn in In the Lead 180?

Class 1 - Strengths

- Reflecting on leaders they admire and why - what makes them good leaders?
- Identify strengths that make them a leader

Class 2 - Influences

- Reflecting on the people, places, and things that influence them - both positively and negatively
- Considering the power they have to influence prosocial change

Class 3 - Values and Decision Making

- Identifying personal values
- Reflecting on how values guide behaviours and actions and can be used to make positive change

Class 4 - Challenges

- Considering how adversity faced in life has brought opportunities to learn and build resilience

Class 5 - Managing Uncertainty and Failure

- Discussing strategies, resources, and strengths to manage new or stressful situations
- Reflecting on failure and how those experiences can help move forward

Class 6 - What If and Envisioning a Positive Future

- Imagining a future version of themselves to be proud of
- Considering the power to be that person in the present and how strengths can influence future outcomes

What Participants Can Expect:

- A coordinator who sees their strengths and leadership potential
- A coordinator who will respect and hold them accountable with healthy boundaries to help them participate and succeed
- Lots of reflective questions and activities to develop self-awareness!

Contact Us At:



intheleadcalgary.com



inthelead180@cyjs.ca



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