

Change the Game

Student Empowerment Workshop

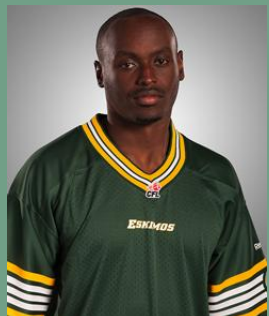
Presented by

Chris Rwabukamba

(Formerly with)
Edmonton Eskimos

Michael Carter

(Formerly with)
Montreal Alouettes



Janelle Thomas

Educator



Change the Game (CTG) is an 8-week program that is designed to empower both **boys and girls** and build vital life skills that are essential to the growth and development of youth within the community. The goal is to raise awareness among youth about the importance of health and self-esteem through the integral lens of education and participation. Topics will include self-esteem, school, health (mental & physical), anti-bullying, current issues, and more.

Encouraging students to recognize their strengths and talents, *Change the Game* will prove that our youth can truly accomplish anything they put their minds to. Upon the completion of the program, students will leave with a renewed sense of self, purpose, and ambition. They will be empowered with the tools they need to tackle their goals in preparation for a bright and successful future!

Dates: January 10, 2020 to February 28, 2020
Frequency: 8 weeks - every Friday
Time: 4:30pm to 6:00pm
Age Groups: 10-17 (Grades 5 to 12)
Location: Cornerstone Family Care (2nd Floor)
Fee: \$240.00 (only \$30 per week) (HST Included)

(Limited enrollment - Please sign up before November 30, 2019 to guarantee a spot)

Call: Cornerstone Family Care
350 Devonshire Road,
Windsor, ON N8Y 2L4
(519) 253-0333

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MasterCard Accepted