



Training Notice

The Momentum Centre's **Resiliency Project 2.0** is recruiting youth facing barriers who have had contact with the justice system for its meaningful paid work experience employment program.

Participant Eligibility Criteria:

- ✓ Recently incarcerated youth between 18 and 30
- ✓ Has safe housing
- ✓ Demonstrates sobriety management and/or consistent harm reduction
- ✓ Actively working a self-care plan
- ✓ Ready to move your life forward and excited about learning
- ✓ Demonstrates personal responsibility and follow-through
- ✓ Committed to transitioning successfully into sustainable employment

The Resiliency Project 2.0 is a trauma-informed employment program that assists recently incarcerated youth facing barriers in successfully entering the labour market through quality work experience combined with leading-edge professional development and customized wrap-around supports that leads to meaningful, ongoing work.

The Project's focus on building a foundation of resiliency, self-governance and self-management prepares participants to move into the world of work in a sustainable way.

The Momentum Centre's unique model puts participants at the centre as key decision-makers in directing their learning and meaningful employment opportunities. Participants recognize, activate and engage in identifying and overcoming internal and external barriers, building strength and confidence as they claim responsibility and control for their lives, "advancing resiliency as an essential skill".

The five key skill-building areas of our curriculum are:



We are looking for recently incarcerated youth motivated and ready to take the next steps in successfully transitioning to the world of work. Youth are welcome to self-refer at **204-415-7488**. We look forward to hearing from you!