Chatham-Kent Community Services

For In-School Programming

Chatham-Kent Women’s Centre

School Programs -> In-Class Programs at a Glance: Grades 6 – 8

Anger Management (Grades 7/8)

Anger is a natural healthy emotion that students can learn to accept positively in their lives. Students will be able to differentiate between angry feelings which we cannot always control and acting out angry behaviour which we must control. Older students will explore different anger styles and understand how this can help control anger reactions.

Bullying (Grades 6-8)

This program addresses the importance of empowering students to take back the control in their lives. Students should not feel afraid to go to school. This program teaches young children important lessons about standing up against bullying. Older students explore issues of harassment including gossiping and taunting. Students learn appropriate responses if they are witness to or victims of harassment.

Dating Violence (Grade 8)

This program educates Grade 8 and High School students about the types of abuse: Physical, Emotional, Verbal, Financial, and Sexual. The Cycle of Violence Wheel is discussed age-appropriately. Students are taught what to do should they encounter an abusive episode whether they are the victim, witness or bystander.

Heart of Sisterhood (Grade 8 Girls)

“The Heart of Sisterhood” is a 4-week, 1.5 hour program designed specifically to meet the needs of girls in grade 8 who may be having difficulty in the areas of friendship and/or dating relationships. The purpose of the program is to teach cliques of friends to communicate efficiently and effectively with one another. The Heart of Sisterhood is intended to explore a young girl’s self, empower friendships and raise awareness about issues of power and control in relationships.

Guy Talk

As a reflection of the Heart of Sisterhood program, this one hour presentation is specific for grade 8 boys. This program will teach boys about healthy communication in friendships as well as learning about issues of power and control in relationships.

R.E.A.L. (Relationships, Emotions, Attitude and Life) Teens Talk

An 8 week group for female and male youth ages 14-18 focused on how to recognize signs of unhealthy relationships, enhance self-esteem and build confidence in youth to leave unsafe situations they find themselves exposed to.  
Through expressive art activities, role play, music, group discussion and individual assignments, participants will gain practical knowledge and skills to take with them for current and / or future relationships. Participants can join with friends!

H.E.A.R.T (Healthy Emotions and Attitudes in Relationships for Teens)

A 6 week group for girls only ages 14-18. This group covers topics such as healthy and unhealthy relationships, communication, boundary setting, gender stereotypes and the media, body image and self-esteem. H.E.A.R.T. is designed for girls who have been or are exposed to dating violence in relationships and explores emotions through expressive art activities, role plays, individual assignments and video.

For more information or how to schedule a presentation regarding any of these programs, please contact 519-351-9145 requesting the school based program.

Contact Information:

20 Sandy Street

Chatham, Ontario N7L 4Y5

1-800-265—0598 519-354-6360

Chatham-Kent Community Health Centres

The CHCs currently have an agreement with the Lambton-Kent District School Board that allows them to provide mental health and other group programming within their school board.

The only program they are currently offering in the schools is the FRIENDS program, but they are also able to provide all of the following under their agreement:

**ANGER SOLUTIONS FOR KIDS & YOUTH**

A 6-week program for kids and an 8-week program for youth and that incorporates several evidence-based therapeutic models. This program is different from traditional anger management models as it focuses on resolving the emotion of anger rather than teaching participants to control behaviour. This program works to motivate participants to become internally motivated to change their responses to anger. Some of the topics included are: Learning about Emotion, Coping Strategies, and Communication Skills. For more information, please call 519-397-5455 ext. 254.

**BETWEEN THE LINES**

Designed for youth aged 13-17, this 7-week program focuses on self-harming behaviours. The series includes two sessions for support persons only, four sessions for the impacted youth and two sessions that will bring the support persons and youth together. This program is in partnership with VON Canada. For more information, please call 519-397-5455  
ext. 254.

**FRESH FOR YOUTH**

For youth aged 9-17, this is an interactive 4-week learning series in which participants will learn basic cooking skills such as measuring, chopping, calculating yields and using kitchen equipment. Led by a Registered Dietitian, participants create their own supportive and encouraging atmosphere while boosting their confidence and knowledge. Each session provides participants with a chance to make and share a meal, take home leftovers and learn about a new healthy eating topic each week. For more information, please call  
519-397-5455 ext. 212.

**FRIENDS FOR LIFE & MY FRIENDS YOUTH SKILLS FOR LIFE**

A 10-week school program that teaches resiliency to grades 4 and 6. The FRIENDS for Life program has a focus on feelings, coping, thoughts, social support networks and problem solving. The My FRIENDS Youth Skills for Life goes more in depth on the above mentioned topics and adds in mindfulness, confidence, and self-talk. For more information, please call 519-397-5455 ext. 254.

**REBOUND CHOICES**

This program provides prevention and early-intervention social skills for youth aged 12-17, who are dealing with concerns due to peer pressure, maintaining positive relationships or conflicts with the law. Some of the topics included in this 8-week program are: Decision Making, Coping Skills, and Self-Respect. For more information, please call 519-397-5455 ext. 254.

Restorative Justice Chatham-Kent

Caught in the Net

This program covers a wide range of issues that youth today are faced with due to ever-evolving social networking sites and apps; designed to educate on topics such as cyberbullying and sexting, along with the consequences that are associated with engaging in such behaviours online. This program is often delivered in 4-6 sessions and is geared to youth aged 10-17. A **classroom-style presentation** of a tailored version of Caught in the Net is available for grades 7 & 8 but could be modified to suit younger (grade 6) or older (grade 9).

The other programs currently offered on a one-to-one basis, and can easily be accessed by any child or youth in the community ages 7-17 include:

* Managing Anger & Aggression
* Dealing with Emotions
* Anti-Bullying

Contact Information:

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519-380-0931