

WHAT IS THE BREAKFAST CLUB? WHO IS IT FOR?

The Breakfast Club is a program for boys and girls, 13-17 years old. We help teens who are experiencing conflict or emotional struggles and/or need to improve their social support, coping skills, self-esteem, decision making, or choices about risky behaviours.

Anyone can make a referral to the Breakfast Club, including teens, parents, guardians, friends, and community members.

The teen must be willing to attend the retreat, able to benefit, and able to work in a group.

We need permission from a parent or guardian for the youth's participation.

There is no cost for the program. The Breakfast Club provides support, not therapy or drug or alcohol treatment.

89% of parents/guardians responding said that the Breakfast Club made some or a lot of positive difference (2006-2007).

WHAT HAPPENS AT THE RETREAT?

The weekend retreats, which are held five times a year, run from Friday evening to Sunday noon. First, we do some ice-breaking and team-building exercises, and then we watch the movie, "The Breakfast Club." The leaders present information on the retreat topics, giving youth the opportunity to increase social support and coping skills. The teens do some group work and some on their own. The schedule includes games and creative activities, with some time spent outdoors.



Information for Parents and Guardians

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The Breakfast Club, which began in 1992, is part of the Suicide Prevention Resource Centre. It is funded by Peace Country Health, The Child and Family Services Authority, The City of Grande Prairie Family & Community Support Services, The County of Grande Prairie Family & Community Support Services, & Green View Family & Community Support Services, as well as fund raising & donations.



WHAT IS THE ROLE OF THE PARENT OR GUARDIAN?

- To arrange or provide rides for your teen to and from the retreat and the follow-up meetings
- To sign referral, medical, and waiver forms
- To support youth through the program.

Parents/guardians are invited to have coffee and a snack at the end of the retreat and to attend a wrap-up at the last follow-up session. We encourage you to contact the Breakfast Club with any questions you may have.

"[We] have a good relationship and believe the Breakfast Club strengthened that" (parent).

PROGRAM ACTIVITIES

- The Coordinator phones the parent/guardian and the teen.
- The Coordinator meets with the teen.
- 10-12 teens attend each weekend retreat.
- Retreats are led by the Coordinator and other qualified youth workers (1 adult to 3 teens).
- We hold follow-up groups after each retreat in The Community Village with topics determined by the needs of the youth attending.
- Teens may contact the Coordinator for individual support. The Coordinator will refer them to other services if required.
- Teens may also attend our monthly Support and Friendship Nights.

RETREAT TOPICS

- Recognizing and coping with stress
- Self esteem
- Relationships
- Moods and feelings
- Dealing with grief and loss
- Depression
- Problem solving
- Goal setting
- Communication skills

WHERE IS IT?

The Breakfast Club office is in The Community Village in downtown Grande Prairie. Retreats are held at a camp or group facility in the Grande Prairie area. The region we serve includes Grande Cache to Fairview and the BC border to Fox Creek.

"It was a safe place for her to be."

