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Materials Available:

- Referral form
- Referral checklist
- Retreat date announcement
- Brochure for parents/guardians
- Parent package
- Posters
- Promotional materials for potential participants



**INFORMATION
FOR
REFERRAL
SOURCES**

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, and
- Donations.

WHAT IS THE BREAKFAST CLUB?

The Breakfast Club is a co-ed program for adolescents, 13-17 years old, who need to improve their social support, coping skills, self-esteem, decision making, or choices about risky behaviours, or who may be showing signs of depression.

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

CRITERIA:

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

We require authorization from parents/guardians for the youth's participation in the program. There is no cost for the program. Transportation, however, is not provided.

The Breakfast Club is a support program, not therapy or treatment.

REFERRAL SOURCE EXPECTATIONS:

- To fill out a brief referral form completely.
- To have some introductory discussion of the Breakfast Club with the adolescent and the parent/guardian.
- To complete a very brief evaluation form.

PROGRAM ACTIVITIES

- Initial phone calls to parents/guardians and potential participants
- Initial meeting(s) with potential participants, pre-interviews and completion of some scales
- Weekend group retreats led by qualified youth workers (ratio 1 facilitator to three participants).
- Follow-up groups after each retreat
- Ongoing individual support as required
- Participants may also attend the ongoing Support and Friendship Nights after they have completed the program.

WHAT HAPPENS AT THE RETREAT?

The weekend retreats, which are held five times a year, run from Friday evening to Sunday noon. Participants watch the movie "The Breakfast Club," engage in ice-breaking and team-building exercises, and help with rule setting. Some time is spent outdoors and in creative activities.

The sessions, which are designed to increase social support and coping skills, include games and activities. The facilitators present information on the retreat topics and participants engage in some group and some individual processing.

RETREAT TOPICS

- Recognizing and coping with stress
- Self esteem
- Healthy relationships
- Feelings, handling moods, tolerance of emotions
- Dealing with grief and loss
- Depression
- Problem solving
- Goal setting
- Communication skills

*"It made a difference."
"It helped a lot."*

WHAT IS THE ROLE OF THE PARENT OR GUARDIAN?

- To provide or arrange transportation to and from the retreat and the follow-up meetings.
- To sign referral, medical, and waiver forms.
- To attend brunch at the end of the retreat and a Parent Appreciation Night follow-up session if possible.