

ABOUT US

Being a youth is hard; we are here to help. Youth face unique challenges and stressors and often aren't sure where to go for support.

We believe in creating fun, engaging, and educational experiences for young people. Our programs are open to everyone and are designed to be both interactive and impactful. From full-day, hands-on learning opportunities where youth can explore important topics, to exciting evening activities that foster strong, healthy friendships, our programs have something for everyone.

We focus on helping young people develop essential life skills, such as managing stress, building resilience, and navigating challenges in a positive and supportive environment. Whether it's through dynamic workshops, fun team-building exercises, or creative activities, our programs provide the tools needed for growth, connection, and success.

Join us for an unforgettable experience where learning and fun go hand in hand!



The Vision of the Resource Centre for Suicide Prevention is to promote mental well-being, raise awareness, eliminate stigma, and educate to reduce suicide, suicidal behaviors and their impacts.

GET IN TOUCH WITH US!



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The Resource Centre for Suicide Prevention is accredited in Integrated Community Health Services Centres (ICHSC) Quality Assurance through Accreditation Canada Program



**ACCREDITATION
CANADA**



GRYPHON & PHOENIX YOUTH PROGRAM



"I totally vouch for this! I went as a young teen and had the best time and made great connections."

-Past Youth Participant



The Gryphon & Phoenix Youth Program empowers youth with knowledge and skills to manage their everyday stress in a safe and healthy way. Each activity is tailored to address the specific needs of each age group including mental health, resilience and stress management. All programming is offered free of charge.

CHILDREN'S WORKSHOP

A 1-day workshop for youth in grades 2-3 that discusses thoughts and feelings to promote better emotional regulation and healthy coping skills.

PRETEEN WORKSHOP

A 1-day workshop for youth in grades 4-6 that focuses on managing tough emotions and building healthy coping skills. This workshop is helpful for youth who are experiencing difficulties regulating their emotions or need more support to develop healthy friendships through fun and interactive activities.

TEEN WORKSHOP

A 1-day workshop for youth in grades 7-12 who are experiencing challenges and stress in their lives. This includes youth who may be experiencing low self-esteem, declining mental health, or making unhealthy or poor choices. This workshop focuses on building healthy coping skills and tools to support those around us to navigate the complexities of their lives. Topics also include boundaries, healthy relationships, and cyber safety.

YOUTH SUPPORT DROP-IN GROUP

A monthly group for youth ages 10-15 who could use some extra support in meeting new peers and developing healthy friendships. This group runs on the 2nd Thursday of each month featuring a different topic and activity. This group runs as a partnership between the Resource Centre for Suicide Prevention, Recovery Alberta, and the County of Grande Prairie FCSS.

SUPPORT & FRIENDSHIP NIGHTS

A monthly activity for youth ages 10-17 to build and foster healthy friendships. Each month we choose a different activity such as bowling, laser tag, aerial yoga, or movie nights to bring youth together and have fun.

REFERRALS

Anyone can make a referral, including youth, parents, guardians, teachers, friends or community members, however, consent from a parent or caregiver is required before attending.

