



HeartWood Centre for Community Youth Development

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HeartWood Professional Development Programs

Since early 2000, HeartWood has been offering a series of professional development workshops that focuses on different aspects of how we do our work with youth and communities. The intended audience includes youth-involved agencies, community service groups, schools, youth-serving professionals, volunteers and government staff- in short, anyone who has an interest in youth engagement principles and practices.

Consultation & Design

In addition to our public programs, HeartWood offers a wide variety of services to professionals, groups and organizations. We can customize our programs to fit the specific objectives of your organization, or consult with your group to help you develop more effective ways and means to engage young people.

It is important to note that HeartWood uses an appreciative approach, founded on core principles of youth engagement that includes relationship building and asset-based community development. This approach validates the work communities are currently doing towards their own development and vision, supports community ownership and builds the capacity of communities to set their own course using local resources.

Contact Us!

For more information, contact us at home-place@heartwood.ns.ca or by phone at 902-444-5885.

EXAMPLES OF PAST PROGRAMS FOR SUPPORTIVE ADULTS

Introduction to Community Youth Development

This program introduces concepts, principles and practices of community youth development, including: HeartWood's model of community youth development, using an appreciative approach and the youth engagement spectrum.

Community Youth Development- Level 2

This program focuses on connecting youth and adults to their community through the meaningful contribution of service learning. This includes a community service learning project and reflection on best practices.

Youth Inclusion

This program explores different ways to engage youth within an organization and a community, as well as different models of youth governance and decision-making processes.

Games Workshop

HeartWood is well known for the use of games and other group activities in its program experiences. We will explain game theory in the context of experiential education and group work. As well, we will cover practical issues, such as when to use games, and which ones work best in certain situations. Most of our time, however, will be spent participating in a rich variety of games. Participants will have the opportunity to share their own knowledge and to lead some of the activities. Be prepared for a lot of fun and energy!

Asset Mapping

Asset mapping is one of the tools that we have been using more and more in our community youth development work. It is an approach that focuses on a community's assets, or gifts, to identify and employ those to create positive social change. When youth are taught how to use the tools and resources associated with asset mapping, it becomes a powerful process of community building and leadership development.

Facilitating Youth Groups

This program combines theory of group dynamics, facilitation, and experiential learning models, and explores and practices the basic tools and processes for proven and effective facilitation of youth groups. We offer this program for people working with youth, whether in schools, community groups, organizations, or religious institutions.

Team Building

Participants will learn how to build their teams back home applying a variety of tools and processes, including: group dynamics, the function of community standards, the theory and practice of using games and initiatives, and understanding the interplay of task and process so that people can look at *how* they are working together in order to make improvements and increase team effectiveness.

Building A Youth Group

We will use a variety of tools and resources to explore concepts, issues and questions related to building and maintaining a youth group.

Dialogue

Developed to help adults to create programs, services, facilities organizations and communities that are more 'youth friendly', this module includes practical strategies for forming effective adult/youth partnerships.

Leading Innovative and Engaging Summer Youth Program

This training is for youth and young adults who are interested in learning facilitation and group dynamic processes to enhance their abilities as camp counselors, youth workers, mentors, volunteers or recreation staff. You will share best practices, techniques, fun games and activities that will engage youth, deepen their experiences, and enhance and build on their strengths and gifts. The concept of leadership using an appreciative approach and service learning will be explored as unique ways to engage youth during a summer program. The creation of powerful summer youth program experiences allows youth to be their personal best, and realize that they have limitless potential to create positive changes in their life, their community and beyond.

Mentoring In The Outdoors – NSOLD Program

Mentoring in the Outdoors provides support to adults and older youth interested in building their skills and experience for working with young people in the outdoors. The wilderness is a natural setting for magic, adventure, self-discovery and building relationships with the land and other people. This weekend module uses the outdoors as a classroom for participants to explore youth development, safety, mentoring and youth-adult partnerships in the context of creating and facilitating positive outdoor experiences. The weekend will consist of outdoor adventures, meaningful conversations, fun and games, time for reflection, storytelling and much more. Mentoring in the Outdoors is ideal for recreation staff, youth leaders, parents, senior youth leaders, or those interested in working with young people in the outdoors.

EXAMPLES OF PAST PROGRAMS FOR YOUTH

Get Noticed! (Youth Facilitation Training)

Want to know how to lead a group meeting, make a presentation or create a workshop for others? Come learn basic facilitation tools and techniques that will support you lead yourself and others.

Wanted: Community Investigator!

Want to investigate the important issues in your community, explore ideas about how to take action, inspire other students to take action on an important issue, take leadership and make a difference? Come learn with us on how to discover juicy information about your community. *The truth is out there...*

Youth Action Teams

Want to take action in your community? Have a strong team to back you up on your projects and ideas? Learn the ins and outs of group dynamics, group decision making processes, taking action, and having fun while doing it!

HeartWood Youth Leadership Programs

Come make a bunch of new supportive friends and challenge yourself to develop, learn, and put into practice the skills necessary to be your personal best! By the end of this journey, you'll realize you have limitless potential to create positive changes in your life, your community, and beyond. Our programs explore: (a) leadership in self, (b) leadership in groups, (c) leadership in the community and (d) leadership in the outdoors.

HeartWood Canoe Wilderness Programs

Get the opportunity to share your skills and stories, meet new people, develop canoeing skills and learn about teamwork, leadership and the magic that comes with spending time in the wilderness.

HeartWood Family Programs

Come learn, play and share with peers and family members through arts, games and outdoor experiences! This program gives families an opportunity to appreciate each other, play together and discover the skills and assets that they have to share with one another.

Earth Education

Diverse earth education programs were created for a diversity of ages and interests. These programs draw inspiration and foundation from the lessons taught to us by the wild creatures of our forests and waterways. These programs have been offered to schools across the province of Nova Scotia.

Destination Up!

These range of programs have been open to youth in care of the child welfare system, and designed to help them build skills and confidence to make good choices and form healthy relationships. We worked long-term with a small group of teens (Reach program) and also exposed large groups of youth in care to experiential education and outdoor adventure (UP Café).

Youth Employability Programs

Our group-based experiential format used a hands-on approach to employability skills and portfolio development. Groups worked with other professionals and a life/work coach to get introduced to the workforce, create personal portfolios and explore options for work or further training in their particular area of interest.

YouthScape

For the past three years, HeartWood has hosted YouthScape HRM which is one of five pilot projects across Canada of a three-year national youth engagement initiative funded by the McConnell Foundation. The goal of the YouthScape initiative is to build resilient, strong, inclusive, vibrant healthy communities by engaging youth. This was accomplished by the following activities:

- Grants to youth and/or youth organizations to put their ideas into action (close to \$200,000 was given over the three years)
- Workshops throughout the year to provide support, training, networking, and capacity-building
- Marketplaces for community members of all ages to explore a topic chosen by youth
- Learning Circles for youth service providers to share best practices, successes and challenges
- Various documents were developed for community members such as How to be a Supportive Adult Ally
- Opportunities for youth to provide input into decision-making via the Grant Selection Committee and Management Team
- On-going one-on-one support to grantees