Nishnawbe-Aski Legal Services Corporation
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HUB PROGRAMMING

THEMES

Education: Motivate participants to succeed in school, discover meaningful training pathways and engage in life-long learning.

Health & Well-being: Engage participants in a dialogue on healthy living. Focus in on current issues such as cannabis, mental health, mindfulness and stress reduction.

Decent Work: Learn soft skills and create meaningful employment outcomes**.** Inspire participant to enter and succeed in the labour market by providing support all the way from life purpose exploration, to job searching, to excelling at work.

Finances: Improve financial security and inclusion**.** Support participants to develop a sound financial footing through learning how to earn an income, access government benefits, be an aware consumer, save and be smart about debt.

Gender Equality: Empower young women to lead healthy and impactful lives. Empower young women to build self-awareness and resiliency skills, harnessing the power of self-esteem, healthy relationships, effective communication, and life purpose.

Peace & Justice: Explore Grandfather Teachings, civic engagement and Anger Awareness tools. Support participants to develop awareness of their inner world, to cope positively with challenging moods, to communicate effectively, to reduce stress and to take responsibility for their actions

Education

Ideal School: Participants examine their role as a student, the reason for rules in school and the link between their actions and their perception of the consequences.

Health & Well-being

Too Much to Drink: Participants examine the risks of alcohol use, specifically the risk of driving under the influence of alcohol.

Mindfulness and Stress Resilience: Participants are introduced to mindfulness and develop an understanding of stress by exploring personal stressors.

Taking in the Awesome: Participants are introduced to the attitudes of mindfulness and explore the concept of negative bias.

Understanding Sexting and Consent: Participants learn about sexting, consent, and making safe choices online and offline

5 Finger Meditation Activity: Participants are introduced to mindful meditation with a breathing exercise.

Mindful Movement Activity: The focus of this practice is to bring awareness to the body through movement.

The Digital World and Social Media: Participants explore their relationship to social media, and how it can impact the psychological well-being of themselves and their peers.

Youth Mental Health: Participants challenge stigma and misconceptions about mental health, explore social media usage from a diverse perspective, and make informed decisions about their

Case Studies, Sourcing Information, and Identifying Support Services: Participants explore mental health and how to source trustworthy information and support

Mindful Eating Activity: Participants explore the practice of mindful eating to bring presence and awareness to the eating experience.

Weed Out the Risk: An anti-crash course on cannabis and driving for youth.

Weed Out The Risk 19+: Participants identify their decision-making process around impaired driving prevention and gain a solid understanding of why people choose to drive high.

Getting High: An Understanding of the motivation to "get high" is established along with an exploration of the personal and social costs of drug seeking and drug using behaviour.

Cravings: Youth are given opportunities to critically differentiate between the healthy psychological activity of "wanting" form the unhealthy psychological process of "craving".

Taking Substances: Establishes a definition of "a substance" and explores the key routes of administration, their potential for harm and significant health risks.

Decent Work

Resume Builder: Build a fully formatted and printable resume in under 15 minutes

The Skilled Trades in Ontario: This module has been designed to expand participants' awareness of opportunities to develop a rewarding career in the skilled trades.

Job Searching Using the Internet: Explores the foundations of searching for a job. Learn how to craft an effective resume, cover letter and phone script, and explore online job resources.

Apprenticeship Pathways: Explores the different pathways into the trades and apprenticeship, showcasing common strategies workers use between each of the steps in the trade progression.

Becoming a Reliable Worker: Explores the soft skills of employment readiness and the core competencies that will service a young person in maintaining a job.

Teamwork: Focuses on the give and take process at work, providing a basic understanding of the labour market exchange that youth participate in as employees.

Workplace Safety: Explores the importance of safety on the job by looking at the unique vulnerabilities young workers have to workplace accidents, injuries and death.

Finances Youth or Adult

Youth Money and Me: Participants identify and evaluate personal values in order to better understand how it affects their financial decision-making.

Earning Money: Participants think critically about earning money and build awareness about earning money with purpose.

Thoughtful Spending: Participants are introduced to the concept of thoughtful spending and money saving strategies

Money Basic: Explores the basics of money; the value and role money plays in society.

Introduction to Credit: Participants learn the basics of credit such as loans, interest, scores, reports, and making informed financial decisions.

Credit Cards and Transactions: Participants explore key aspects of credit cards, including choosing the right card, responsible spending, and ensuring credit card security measures

Gender Equality

Moving Toward your Best Self: Participants explore self-esteem and identify their own positive traits and strengths to move towards their "best self".

Peace & Justice

Anger Management

Values, Anger and Acts of Aggression: This module outlines the concept of anger and how participants can adapt to difficult or stressful situations that may cause them to become angry.

Exploring Core Beliefs and Harmful Thoughts: In this module participants reflect on their core beliefs, and explore how core beliefs, harmful thoughts and acts of aggression impact their lives.

Stress, Trauma, Post-Traumatic Stress: In this module, participants explore different stress and trauma responses while building resilience to heal and protect against trauma.

The Purpose and Power of Emotions: Participants explore common emotions and the purpose behind them, while also learning how to recognize emotions in the body. Participants learn how to restructure perspectives on unfavorable emotions.

Building Emotional Resilience Through Radical Acceptance: Participants build emotional resilience by recognizing examining and regulating emotions.

Difficult Emotions and Substance Use: Participants will learn how to gauge the intensity of emotions with the goal of participants being better able to identify and respond to their emotional landscape, even when difficult emotions and anger arise.

Emotional Regulation: Participants build emotional resilience by exploring helpful emotional and physical regulation strategies to regulate anger, aggression and difficult emotions.

Conflict, Boundaries and the Relationship Spectrum: Participants explore conflict, setting boundaries, and enhancing empathy in their relationships.

Non-Violent Communication: Participants explore skills in self-regulation, boundary-setting, and healthy communication to manage emotions constructively and build healthier relationships.

Grandfather Teachings

Grandfather Teachings- Truth: Truth is a teaching that enables us to trust that a power larger than ourselves is capable of restoring us to the full person we were designed to be.

Grandfather Teachings- Respect: The teaching of Respect will include learning to treat people the way you want to be treated and that respect does not enable you to injure yourself or others.

Grandfather Teachings- Love: All teachings include love at their core. It is the most significant and emphasized inner serenity, life balance, acceptance of all things, and preciousness toward the creator.

Grandfather Teachings- Humility: The teaching of humility reinforces that you are a precious part of creation, allowing you to share your pride with your community and appreciate everyone's achievements.

Grandfather Teachings- Wisdom: Wisdom is a teaching that explores lessons learning throughout life, practices self-care using the medicine wheel and honours elders for their knowledge.

Grandfather Teachings-Honesty: Honesty is a teaching that emphasizes on understanding and embracing who we are and reminds us not to attempt to be someone we are not.

Grandfather Teachings- Bravery: The teaching of bravery is rooted in making positive choices and having a conviction based on your decisions, as well as helping you find your inner strength to face your fears.

Gender Based Violence

Respect Through Boundaries: In this module, participants will explore needs and boundaries of themselves and others through the teaching of respect, with the goal of regaining balance and harmony in relationships.

Humility Through Healing: Participants will discover their healing path by exploring the key components of love, forgiveness, humility and equality.

Honesty through Emotions: Participants explore courage as a quality to address gender-based violence, focusing on accountability, forgiveness of themselves and others.

Love Through Equality Part A: Participants explore healthy, unhealthy, and abusive relationships as they learn frameworks for healthy relationship building.

Love Through Equality Part B: Participants further explore relationships as they learn about the teaching of love through equality with the end goal of reducing gender-based violence.

Courage Through Accountability and Forgiveness: Participants learn about courage and self-forgiveness to overcome guilt and shame from past harmful actions

Wisdom Through Connection: Participants learn to build healthy connections through empathy, equity, and respect, with the end goal of resolving conflicts, and fostering understanding.

Moving Toward Harmony Video Series: As a companion module to HUB's Moving Toward Harmony program, this video series provides a personal look into the lives of victims and perpetrators of gender-based violence.

Shop Theft 19+

What is Shop Theft?: In this module, participants will examine the meaning of Shop Theft and discuss their own experiences.

Myths About Shop Theft: In this module, participants will examine the incorrect ideas about shop theft, and some of the misconceptions.

Reasons Behind Shop Theft: In this module, participants will examine the various reasons why people shop theft.

Getting Charged Again: In this module, participants will examine the "community justice program". Learning to deal with their crimes by learning about the impact their actions have on the community.

Criminal Record and Your Future: In this module, participants will examine the affect of a person's future with a criminal record in Canada.

Community Perspective on Theft: In this module, participants will examine the risk of committing another theft.