



bridge

Community Programs

A module based online resource for children and youth ages 8-17 addressing multiple topics through information, resources, tools, activities and support services in an interactive, age-appropriate way.

AVAILABLE PROGRAMS

Bridge Children's Program

- Children ages 8 - 12
- Offered in group and individual/caregiver learning formats

Bridge Adolescent Program

- Youth ages 12 - 17
- Offered in group and individual learning formats

Group programs can be delivered by Youth Service providers, professionals, educators, counsellors, trained facilitators and more.

The individual program can be accessed independently by any youth or caregiver, with an interest, need or want.

MODULES

- Mental Health, Self-Care and Wellness, Mindfulness and Movement
- Gender and Diversity
- Mind and Body
- Relationships, Drama and Conflict
- Sexuality and Sexual Safety
- Abuse, Trauma and Stress
- Internet Safety and Trafficking
- Addiction, Self-Harm and Eating Disorders
- And More.....

Each program is designed to be developmentally appropriate for the target age group addressing the various themes.

For more information,
scan the QR code or visit
littlewarriors.ca/safepaces-bridge



little
warriors
SAFE PLACES™