

# Defy Your Label

## A free self-development program for ages 8 to 13

Defy Your Label is a free, 8-week program that offers youth aged 8 to 13 guidance in their personal growth. The program is designed with the end goal of participants achieving the skills that will aid them in leading more positive and successful lives.

### Defy Your Label includes activities that will assist youth with:

- Defying negative labels, stereotypes, and expectations that they may feel have been placed on them.
- Developing healthy self-esteem and self-respect.
- Identifying and redirecting disruptive behaviour to promote positive communication.
- Develop tools to help them lead happier, more successful lives.

#### Details:

- This is a free program.
- Youth can register at any time before and during the term. Registration is open until each session is filled.
- A supportive, confidential, and safe environment for youth.
- Content is designed specifically to aid youth ages 8-13.
- The program is available in-person or by Zoom.
- Sessions run every Wednesday from 5:30 to 7:00 p.m. The program runs January to March, April to May, October to December. Participants can register at any time.
- Sessions are organized into 3 parts:
  1. Each session starts with self-development-focused activities such as skill- and team-building exercises, and open discussions.
  2. We break up the self-development discussions with games and socializing activities, to help keep things from getting too overwhelming.
  3. The session ends with closing out the day's topics and discussions from part one.

#### Program Goals:

- Enhance self-esteem, increase distress tolerance, build healthy communication and relationship/social skills, build resiliency, foster conflict resolution skills, and offer cultural education.
- Develop a positive self-image, self-worth, and decision-making skills.
- Participants will also be taught various coping skills and techniques and be supplied with online support resources to assist them.

**To register or for more information:**  
**Visit: [tropicanacommunity.org/rise-above](https://tropicanacommunity.org/rise-above)**  
**Email: [registration@tropicanacommunity.org](mailto:registration@tropicanacommunity.org)**