



## YMCA Alternative Suspension

The **YMCA Alternative Suspension** program is a dedicated resource for high schools and provides support and assistance to students who, for various reasons, are temporarily suspended from school.

The program aims to reduce future suspensions and disciplinary sanctions by offering participants an opportunity to transform their time away from school into a positive and restorative experience, fostering personal growth, autonomy and the development of social skills.

### A true alternative

Participation in Alternative Suspension is both a **non-punitive** and a **preventative** experience. Indeed, it is a break during which students can focus, get organized, and feel motivated in a new environment while receiving the support and accompaniment of a qualified youth worker. Transforming this experience into an opportunity for a fresh start, students develop the **momentum** for a **successful reintegration** into the school environment.

Each service point is located within local community centres. These **recognized and reliable** staples of the community contribute to a **safe and welcoming atmosphere** in which youth thrive.

The program's **small group format** facilitates supervision and relationship building, which guarantees that our youth workers will have the time to offer the **best youth-centred individualized support to each participant**.

### At YMCA Alternative Suspension, each youth:



Stays up-to-date in their school work



Participates in pro-social group workshops with peers



Establishes clear commitments and objectives for a successful return to school



Engages in personal exploration, learning and growth



Develops new skills and abilities to better navigate life's challenges



Is accompanied in the school reintegration process by a trusted youth worker