



The YMCA Alternative Suspension program is for youth aged 12 to 17 who have been or are at risk of being suspended from school due to problematic behaviour.

The program aims to reduce future suspensions and disciplinary sanctions by offering participants an opportunity to turn their time away from school into a positive experience that fosters personal growth and autonomy through:

- > A safe and welcoming environment;
- > The development of self-esteem and social skills;
- > Encouraging self-respect and respect for others.

Program youth workers are specifically trained to support participants in gaining self-awareness and increasing their engagement towards school.

ALTERNATIVE SUSPENSION IS...



For a suspended student

- > Support from qualified youth workers
- > A chance to catch up on schoolwork
- > A break and time for reflection
- > Accompaniment in the school reintegration process



For a participating school

- > An additional resource to intervene with students
- > Continuity in the educational process for students
- > Students who are engaged in self-reflection
- > A service adapted to the needs of the student and the school



For the community

- > A secure and supervised environment for youth
- > An approach that fosters positive school and social integration
- > Stakeholders mobilized to support youth
- > Youth who are oriented towards resources in their community



1 Cool down

Students find themselves in a new and structured environment, putting a stop to the downward spiral.



2 Reflection

The program encourages students to reflect during one-on-one meetings and group workshops.



3 Commitment

Students are motivated to make changes that will have a positive impact on their school experience.

The three steps of the program

YMCA Alternative Suspension helps youth from communities across the country and abroad to persevere at school every day. Visit us online to find out more.

alternativesuspension.ca
info-alternativesuspension@ymcaquebec.org

