

THE RISE INITIATIVE

A GRASSROOTS PROJECT TO SUPPORT VULNERABLE YOUTH.

The RISE Initiative is dedicated to raising awareness and reducing the stigma vulnerable populations face regarding sexual exploitation, homelessness, and poverty. RISE supports establishing safe spaces where youth can learn strategies to foster resilience, wellbeing, and emotional intelligence.

At-risk youth are vulnerable and can become easy prey to those who want to lure them into drugs, sex trafficking and gangs and other dangerous lifestyles. Once involved in these lifestyles youth may find it challenging, if not impossible to turn their lives around no matter how hard they try. That is why to break the cycle of abuse and trauma the RISE Initiative's support efforts to help prevent vulnerable youth from reengaging in risky behaviour and support their successful transition to adulthood.

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—The R.I.S.E Initiative—

WORKSHOP TOPICS:

- Cultivating Resilience
- Adapting a healthy lifestyle
- Practicing Wellness and Self-care
- Building Healthy Relationships
- Strengthening Leadership
- Managing Mental Health