

About Life Skills...

The program is open to all youth between the ages of 12 and 20 years.

Youth, family and community agencies may contact the program by phone or email to set up an appointment or receive further information .

Program hours are flexible to meet the needs of the youth and family.

SIGN Life Skills

SIGN on Broadway
345 Broadway Steet West
Yorkton SK S3N 0N8

306-621-2553

lifeskills@signyorkton.ca

signyorkton.ca

Facebook/Instagram @signyorkton



signyorkton.ca/life-skills

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Life Skills

306-621-2553



signyorkton.ca
[@signyorkton](https://www.instagram.com/signyorkton)





The Search Institute has identified the following building blocks of healthy development that help young people grow up healthy, caring, and responsible.

They are:

- Support
- Empowerment
- Boundaries and expectations
- Constructive use of time
- Commitment to learning
- Positive values
- Social competencies
- Positive identity.

Life Skills, a program for youth between the ages of 12 and 20, is preventive and proactive, focusing on defining and developing life skills and developmental assets of youth.

The program focuses on promoting 40 developmental assets which have been researched and defined by the Search Institute.

Through this research, we know that developmental assets are essential building blocks for young people to thrive and grow into adults.

While focusing on each youth's strengths, Life Skills offers youth a number of opportunities to access the program through individual mentorship as well as group activities.

Hours of operation for group events or individual meetings are flexible to meet the needs of the youth. Life Skills provides a safe and supportive environment to help further develop skills with the goal of overcoming barriers and developing positive relationships, and to promote wellness.

We partner with other community organizations to ensure youth receive the most accurate information and are well connected with their community. Each youth is in charge of identifying goals that are important to them, so Life Skills can provide a person-centered program.