

RISE INITIATIVE

Creating a Culture of Health and Wellness Amongst Vulnerable Youth

ABOUT RISE

The RISE Initiative is a Toronto based project that helps foster resiliency amongst at-risk youth while creating a culture of health and wellness. The RISE Initiative focuses on establishing a safe space where youth can learn strategies to strengthen their resilience, wellbeing, and emotion intelligence while promoting life skills and leadership. RISE is dedicated to raising awareness and reducing the stigma vulnerable populations face regarding homelessness, poverty, mental health, and exploitation through education, interactive workshops and sharing personal experience.

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 unhealthy 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 destructive behaviour, the RISE Initiative's mission is to help prevent vulnerable youth from reengaging in risky behaviour and support their successful transition to adulthood



WORKSHOPS

WELLNESS	HEALTH	LEADERSHIP
Participants gain knowledge of strategies to improve mental health and wellbeing through stress management, mindfulness, and cognitive behaviour therapy (CBT).	Participants gain knowledge of nutrition and fitness fundamentals. And how to implement a healthy and balanced lifestyles.	Participants development of leadership skills including: career planning, relationship building, communication, and professionalism.
Learning Techniques <ul style="list-style-type: none">• Experiential learning• Activity-based exercises• Team building group work• Take home tips and strategies	Program Format <p>Workshops can be customized to fit the needs of your Community by combining the different workshop topics or taught individually.</p>	

ABOUT THE FOUNDER



A motivator, educator, author, advocate, roadblock conquer, and dream chaser. **Rhonelle Bruder** is an inspiring force on a mission to help vulnerable youth discover the power within themselves. Having overcome many traumatic experiences including teenage homelessness, sexual exploitation, and poverty. Rhonelle had to learn strategies not merely to survive but thrive despite her challenging circumstances. Her desire to support others to rise despite what obstacles they face led her to become the founder of the RISE Initiative; a program dedicated to helping vulnerable young people strengthen resilience, health and wellness.

As Seen On: The Agenda

Click here <https://bit.ly/2QXm9T7> to open link



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