

The



Core

Youth

Showcasing their
journey and all of
their
accomplishments!

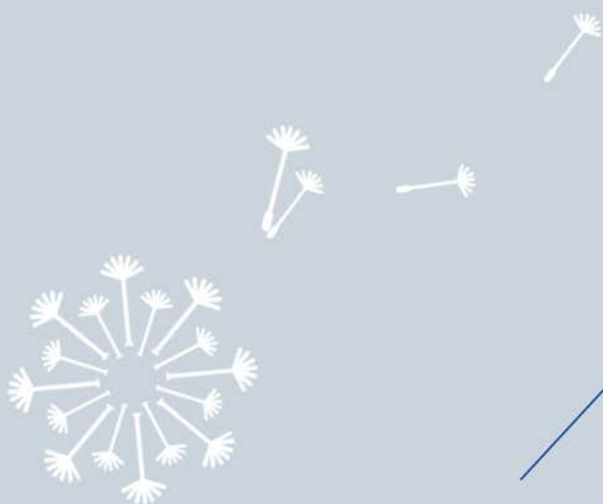


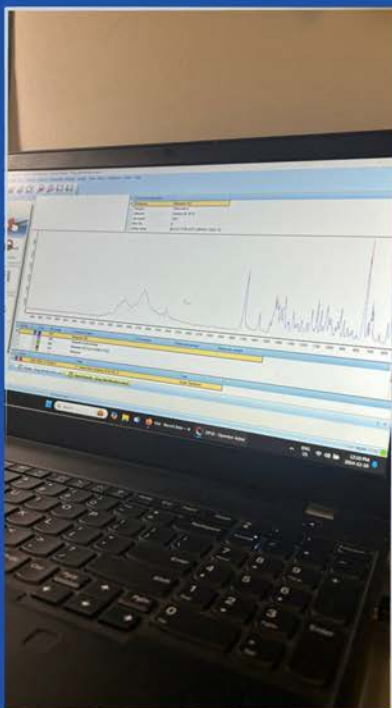
change



is

growth

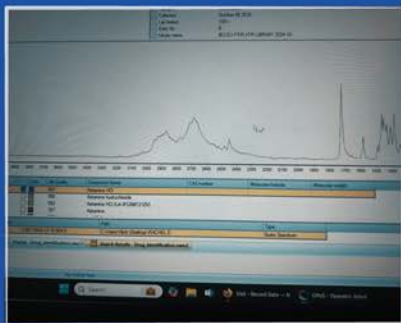




we learned how to test substances using the FTIR machine, gaining this skill was such a rewarding part of the program. We are so happy to be able to give people the option to use safely.



what you do makes a difference, and you have to decide what kind of difference you want to make



01





We did baking for
the frequents of
the crc throughout
the holidays, as
well as served soup
for lunch.



*we're all in
this together*

Walk

With

Me

03

We organized a youth only workshop with the 'walk with me' team.

hearing people open up and tell their stories offered us a new perspective into the lives of people who use substances. it was truly inspiring and we have so much gratitude for the people who shared their stories.



Thank you so much to the walk with me team and everyone who was involved in that project♥



We picked kiwis
from the kiwi tree
and made chips,
salsa, and jam.
Those were some of
the last things
made from the fruit
trees in the
garden.

04



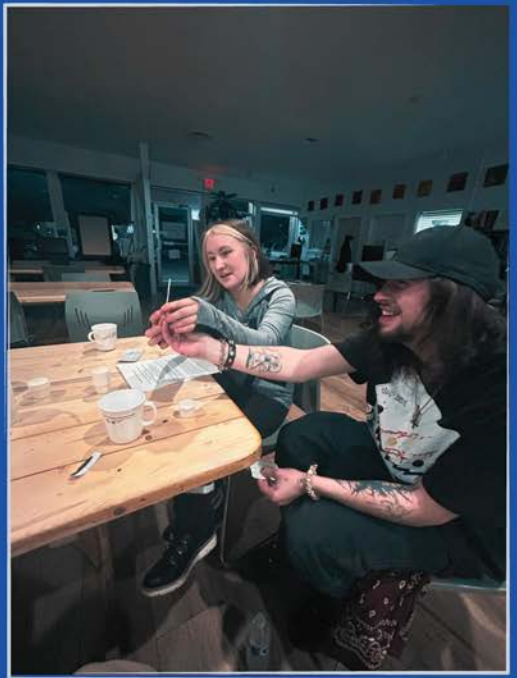


05



We organized a youth only harm reduction screen printing workshop with Naomi and made shirts to donate to the YOUTHCAT team!

06



After attending multiple drug checking workshops on how to use test strips; we decided to host our own. With all of the recent young deaths in our region we thought it would be beneficial to host a youth only workshop. We feel it is so important for young people to have this life saving knowledge, In case they are ever put in a position where they might need to use it.



07

*We cant
help
everyone,
but
everyone
can help
someone*

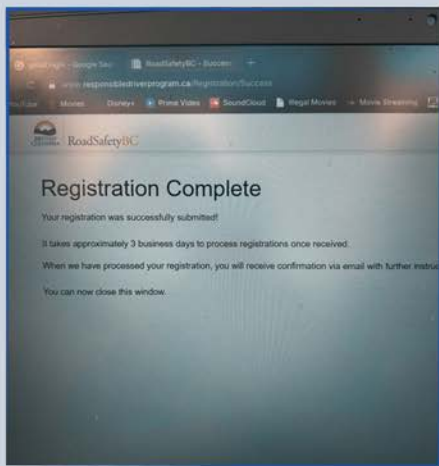


*We did volunteering/
work experience at the
senior center, which
included setting the
tables and prepping
various veggies.*



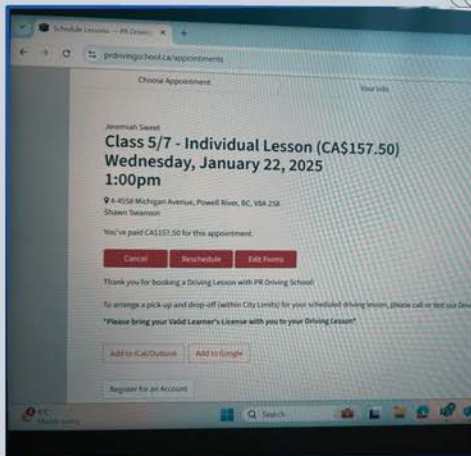


we hosted a
"Taco Friday"
 for the crc
 residents. We
 made kiwi salsa
 and chicken
 street tacos.
 This was one of
 the first things
 we did together
 as a team.

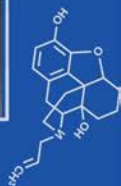


Mira registered and got accepted into her safe driving course! This was an extreme accomplishment for her and I am beyond proud of her for how far she has come.

We were able to secure a vehicle for Cameron to take his driving test in, he passed first try! This was also a huge accomplishment for him; and a great start to the new year.

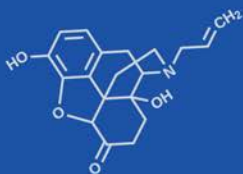


Jeremiah was able to take some driving lessons! He hadn't been behind the wheel very much before so this was an amazing learning experience for him, he hopes to go for his driving test when he gets more comfortable behind the wheel!



We organized an overdose response and naloxone training workshop for youth ages 15-27 – as well as created an illustrative and informative harm reduction zine! This workshop felt so rewarding after weeks of hard work.

11





We partnered up with youthcat and created shirts for pink shirt day, it was so much fun learning how to transfer images onto t-shirts using an iron.

12

thank you so much to Jayde and the youthcat team for hosting this!



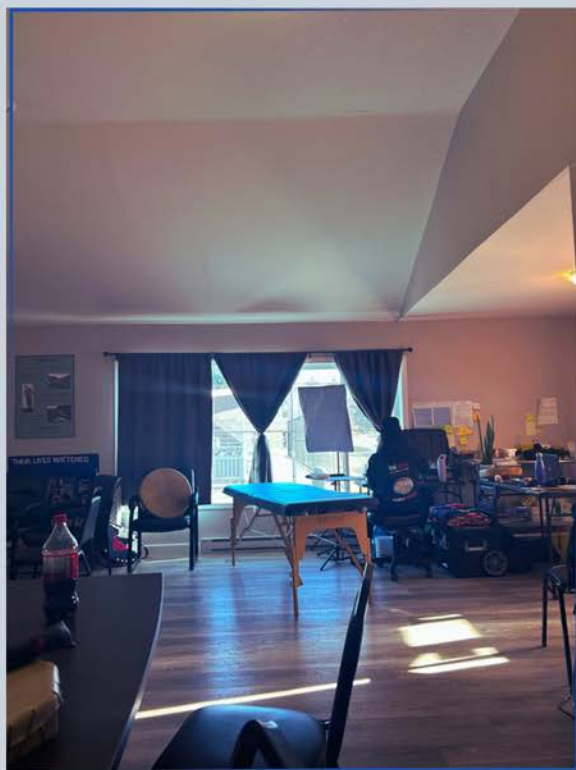
We organized the dismantling of the Crc garden; which included finding homes for the plants, taking cuttings from all of the trees, donating the dirt, planning a celebration of life - and much more. The garden has been the cornerstone of our community and holds a lot of space in peoples hearts. Having to do this was one of the most unfortunate and difficult parts of the program.

*Growth
starts with
a seed of
knowledge*



Drying meats was one of the many forms of food preservation that we learned during our time in the CORE program. This is such a valuable skill because it gives us the knowledge to be able to process our own meats.

Jeremiah met with Keith, a traditional tattoo artist; who offered him insight into the life of someone who does art for a living, as well as some of the struggles he's faced. They shared some laughs and their art. - Jeremiah was extremely grateful for the knowledge and art supplies that Keith gifted him.



Mira attended a 3 day womens healing tattoo workshop. She spoke with the artist and told a bit of her story - she plans on going to Eckos home studio and getting a tattoo in the near future.



change



is

growth



the end

As we come to the end of the CORE program, I want to express how proud I am of each and every one of them. I have been reflecting on the journey we've taken together and its truly inspiring to see how far they have come in just a few short months. When we first started, many of them faced challenges that seemed daunting, but with commitment and hard work I'm starting to see their sparkle return. They've tackled obstacles head on, learned new concepts and most importantly, they've supported each-other along the way. Watching them grow over these past few months has taught me that no matter how hard things seem, with determination anything is possible.

The skills they have gained will serve them well in the future and I'm so excited to see where life takes them. The growth I have witnessed is truly remarkable and I'm so grateful I was able to be apart of their journey.



