

# YMCA ALTERNATIVE SUSPENSION PROGRAM

25 Main Street West, Suite 105 (Employment & Immigrant Services)



The YMCA Alternative Suspension 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.

The Alternative Suspension is an opportunity for students to refocus, get organized, and feel motivated in a new environment while receiving the support and accompaniment of a qualified youth worker. Transforming this experience into an opportunity for a fresh start, students develop the **momentum** for a **successful reintegration** into the school environment.

## The three steps of the program



### Cool down

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



### Reflection

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



### Commitment

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

## Program Schedule

8:30am-9am: Drop off

9am: Program Starts

9am-10am: Independent School Work

10am-10:15am: Break

10:15am-11:15am: Independent School Work

11:15am-11:45am: Open Gym (YMCA 79 James St. South)

11:45am-12:30pm: Independent School Work

12:30pm-1:30pm: Lunch Break/ Youth Centre

1:30pm-2pm: Life Skills Workshop

2pm-2:15pm: Break

2:15pm-3pm: Life Skills Workshop

3pm: Dismissal

## Information for Parents:

- It is our policy that all students stay on property during the lunch break, so please ensure students bring a packed lunch to the program each day. A microwave and fridge is available to students on site.
- There are only two exceptions a student may leave during the lunch break; a parent calls the youth worker to give the student permission to go home for the lunch break, or a parent comes to the site and signs the student out during the lunch break.
- To participate in the program, parents are required to provide consent (be signature or verbal consent) to the YMCA of Hamilton, Burlington, Brantford. These consent forms include:
  - Consent to the release of Confidential Information
  - YMCA Alternative Suspension Program Consent to Participate
- Students must attend the program every day and on time for the duration of their suspension. An absence may result in an incomplete participation in the program.

### Contact Us

[alternative.suspension@ymcahbb.ca](mailto:alternative.suspension@ymcahbb.ca)

Call: 365-366-8652

**Candace Morley, Program Manager**

[candace.morley@ymcahbb.ca](mailto:candace.morley@ymcahbb.ca)

For more information regarding the program, please visit [alternativesuspension.ca](http://alternativesuspension.ca)