



Back on track^{by the YM}

Back on Track by the YMCA*

A 3- to 5-day out-of-classroom program that provides students aged 12 to 17 who are having difficulties at school with the opportunity to take a step back. It offers a positive and restorative experience that fosters personal growth, autonomy, and the development of social skills in lieu of disciplinary measures.

A preventive approach for students:



Gain perspective and take a breath to stop the downward spiral.



Find motivation in a new, welcoming, and reassuring environment.



Receive the support of a qualified youth worker, through one-on-one meetings and small group workshops.



Start the reflection process and define goals.



Get back on track and back to social activities and school in a harmonious manner.



Benefit from helpful follow-ups with school staff and parents or guardians.

By participating in the program, students can:

- Keep up with their schoolwork.
- Think about their interests, behaviour, and the future.
- Develop new skills to better cope with life.
- Take part in group workshops with other young people going through the same thing as them.
- Clearly define goals and commit to achieving them.
- Benefit from the support of a trusted youth worker.

Day 1	MORNING	AFTERNOON
	Welcome One-on-one meetings to set objectives School work	Group workshop
Day 2-3	MORNING	AFTERNOON
	One-on-one meetings School work	Group workshop Outing Preparation for a return to school
Day 4	Return to school in the company of the youth worker	

This schedule is only an example, and the stay in the program can last 3, 4, or 5 days.



*The Back on Track program was formerly known as **YMCA Alternative Suspension**.