



WHO WE ARE

Synergy Youth & Community Development Society, operating as Synergy, is a local charitable organization that serves the residents of Chestermere, Langdon and South East Rocky View.

WHAT WE DO

Prevention and early intervention programs that enrich the social, mental, and physical health of child, youth, families, and the community as a whole.

Synergy Youth Programs focus on building healthy relationships through mentoring and experiential learning, which leads to personal wellness and leadership development.

HOW WE DO IT

Synergy provides structured programs for youth 7 years of age and older designed to nurture self-awareness, positive relationships, resiliency, critical thinking and the ability to find an authentic voice. Our programs focus on the development of teamwork and key skills necessary for youth to succeed as they transition into adulthood.

We create safe, caring environments where participants feel free to truly be themselves. Synergy Staff and Volunteer Mentors get to know the participants on a personal level and in doing so have a better understanding of the specific needs of each participant. The staff and volunteers role model how to build healthy relationships between people of any age or background.

HOW OUR PROGRAMS ARE DIFFERENT

Synergy has the unique opportunity to tailor program activities to meet the specific needs of the participants in each individual program. This is possible because we are a local organization that understands the needs of the residents in our community and the local service providers and supports available.

Youth are given the opportunity to mentor and be mentored which results in a wide variety of benefits such as increased resiliency and decreased incidence of bullying, school drop-out, obesity and suicide.

Caring adults encourage and support participants to carry out youth driven community initiatives.

THE RESULT - A RIPPLE EFFECT

Empowered youth who have the skills to effectively navigate their environment in a healthy, positive way - at home, at school, at work, and in their community.

ENGAGED, EMPOWERED, HEALTHY COMMUNITY LEADERS

- ▶ They are role models for their siblings, in their classrooms, on sports teams, and in their neighbourhood.
- ▶ They take the skills they have learned in program and practice them in real life.
- ▶ They communicate more openly with their parents, family, teachers and friends.
- ▶ They mentor others and give back to their community.



SUCCESS STORIES



"I have seen monumental increases in my own mental health and state of being as both a direct and indirect response to the skills and support I have received from Synergy. The Synergy staff has always gone beyond their job descriptions and responsibilities, putting the youth ahead of themselves, even outside of regular program hours. The personal advancement I have received directly from Synergy's members and programs seems to influence me outside of the Synergy office too. I have become a stronger, more confident and more social individual since joining Synergy."

- Youth Mentor

"Synergy teaches our children something that nowadays is becoming harder and harder to find. It's teaching our children empathy, how to give back, how to respect others. Synergy is very much a hands-on approach, it's not just sitting in a classroom taking notes. It's dialogue, it's an unconditional, unbiased, non-judgmental safe environment where you feel you can be your true self, and have support all around you... by people you can really look up to, by people who can guide you on the right path to making some smart decisions."

- Synergy Parent

"Through countless opportunities Synergy has provided, I've been able to become a leader in my community, learn new skills, not to mention develop my pre-existing skills. The multitude of programs the committed leaders and community volunteers put on there ensures there's something for everyone! Arguably the most important part of Synergy is the people you work with. Whether through my participation in Synergy's internship program or generally volunteering through YELL, I've gotten to meet many amazing people and build priceless connections. These people have been accepting of me despite my flaws, and have shaped me into a caring and unique individual. These people have pushed me to be my best, and helped me make dreams realizations. They helped me realize even teenagers can make a difference, how even alone I can make the world a better place. I can now realize the impacts of my actions, and inspire future and previous generations. I can do whatever my heart desires, knowing I have a team of amazing, inspirational, powerful individuals behind me."

- Youth Intern

"After 4 years, there's just so much that I could never put into words. I've definitely grown into the person that I want to be, and I've matured in every way possible. I've done so many cool things... even speaking about my own personal victim stories in front of large crowds of kids which is really scary and it's something that a lot of people would struggle to talk about one-on-one in the first place. They've just helped me build my confidence in who I am, and I've really started to care about the world around me."

- YELL Participant

"For my family, it's eased a little bit of pressure that I feel that I couldn't speak to my parents about. My children now have other people to go to, other individuals that they can look up to and it's allowed them to make decisions that are far more advanced than the age they're at. They have all this confidence and decision-making skills that have been brought to them that allow them to think a little bit further than what's just inside the box."

- Synergy Parent

Synergy Youth & Community Programs are Funded by:



Centre for Community Leadership
101, 340 Merganser Dr. W.
Chestermere, AB T1X 0Z6



yoursynergy.ca



403.212.0242



involved@yoursynergy.ca