

delivered fully online



Rise and Shine



TOTAL COMMITMENT

8 Hours

WEEKLY COMMITMENT

2 Hours

DURATION

4 Weeks

develop resilience, shine your brightest

Rise and Shine is an online seven-session program for self-identifying girls and gender-diverse youth ages 15-24, created by mental health experts to support mental and emotional wellness. In a safe, non-judgmental environment, participants connect with peers and mentors while exploring topics that foster resilience, confidence, and meaningful relationships. Each session features interactive workshops and activities that help youth develop and practice valuable wellness skills in a fun and supportive setting.

LEARNING OUTCOMES

- Learn self-awareness and how to avoid thinking traps
- Discover how to set and maintain boundaries
- Learn to cultivate self-compassion and kindness toward yourself
- Discover how to cope with sadness, stress, anxiety, and depression
- Explore and develop more self-care skills

PROGRAM OVERVIEW

- 4 facilitated sessions
- Mentor session to connect with mentors from a variety of different career fields

“ Our sessions became the highlight of my day.

It became a space where I felt comfortable sharing my thoughts, experiences, and opinions—and being validated for each and every one of them.”

– Program Alumna

100%

100% SAY THE PROGRAM HELPED THEM TO DEVELOP SKILLS TO SUPPORT THEIR MENTAL WELLNESS

100%

100% SAY THEY FELT COMFORTABLE EXPRESSING THEIR THOUGHTS OPENLY

100%

100% SAY THEY WERE ABLE TO POSITIVELY CONNECT WITH THE OTHER PARTICIPANTS AND MENTORS



We specialize in delivering high-impact programs that equip women and girls with the knowledge and tools they need to step into their full leadership potential. Minerva also supports the business and wider community in implementing attitudes and systems that champion women's achievement and propel them into leadership positions.



GET IN TOUCH

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For Program Information:

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For Partnership Opportunities:

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