



**Youth
Unlimited™**

YFC GREATER VANCOUVER

Abby ACCESS
May 2025



**We See The Hope
and Potential in
Every Young Person**





Connecting with a Variety of Youth

- Low Income Households
- Single Parent Families
- Immigrants and Refugees
- Parental Alcoholism
- Mental Health Challenges
- Displaced by the 2021 Flood

Our Abbotsford Team

- 36 Volunteers
- 12 Youth Workers
- Partnered with 8 Public Schools
- Connected with over 600 Youth



The Importance of Mentorship

Youth with mentors frequently demonstrate pro-social change

- Increased social and emotional well-being
- Improved academic and vocational performance
- Stronger sense-of-self and positive self-image

Sources

Goldner L, Ben-Eliyahu A. Unpacking Community-Based Youth Mentoring Relationships: An Integrative Review. *Int J Environ Res Public Health*. 2021 May 25. 18 (11): 5666

DeWit, David J., et al. "The role of program-supported mentoring relationships in promoting youth mental health, behavioral and developmental outcomes." *Prevention Science* 17.5 (2016): 646-657



The Importance of Mentorship

But...

- These benefits only occur in long-term, consistent, mentorship relationships
- Over half of teenagers report never having a mentor

Sources

Goldner L, Ben-Eliyahu A. Unpacking Community-Based Youth Mentoring Relationships: An Integrative Review. *Int J Environ Res Public Health*. 2021 May 25. 18 (11): 5666

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How Youth Unlimited Abbotsford is using Youth Programs to Facilitate Long-Term Mentorship

- Community-Focused, Passion-Driven Programs
- Stages of Long-Term Mentorship
- Young People's Stories
- What are we Doing Right Now
- How to Get Involved

Youth Unlimited Programs: Community-Focused, Passion-Driven

Community-Focused

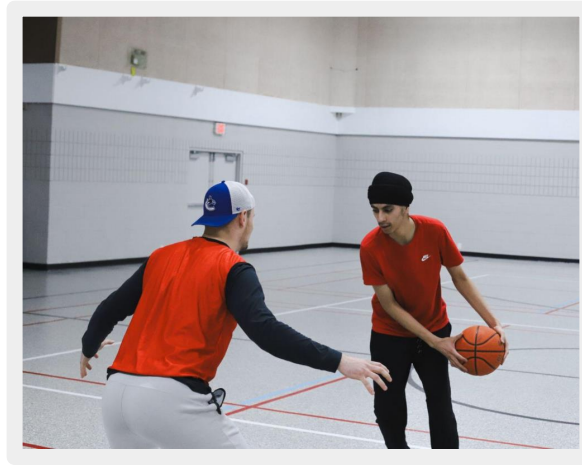
- What are the unique needs of the young people in this community
- What are the interests of the young people in this community

Passion-Driven

- What are the interests of this youth worker?
- What are the skills of this youth worker?



Youth Unlimited Programs: Three Stages of Mentorship



Youth Unlimited Programs: Three Stages of Mentorship



Connection Basketball: Grade 7 & 8 Drop-In

- Get to know the youth (names, interests, families, etc.)
- Be a consistent and safe person for the youth
- Meet the youths family, teachers, and other key individuals

Youth Unlimited Programs: Three Stages of Mentorship



Connection Basketball: Grade 10 Drop-In

- Youth Workers know a youths parents and regularly communicate about their child's wellbeing
- Youth participate in intentional mentorship outside of structured programs

Youth Unlimited Programs: Three Stages of Mentorship



Alumni & Student-Leaders:

- Youth no longer participate in structured programs, but mentorship relationships are maintained into adulthood.
- Young people are invited to facilitate programs that they participated in as youth.

Youth Unlimited Programs: Three Stages of Youth Mentorship



Life-Long Friendship: Dave's Story



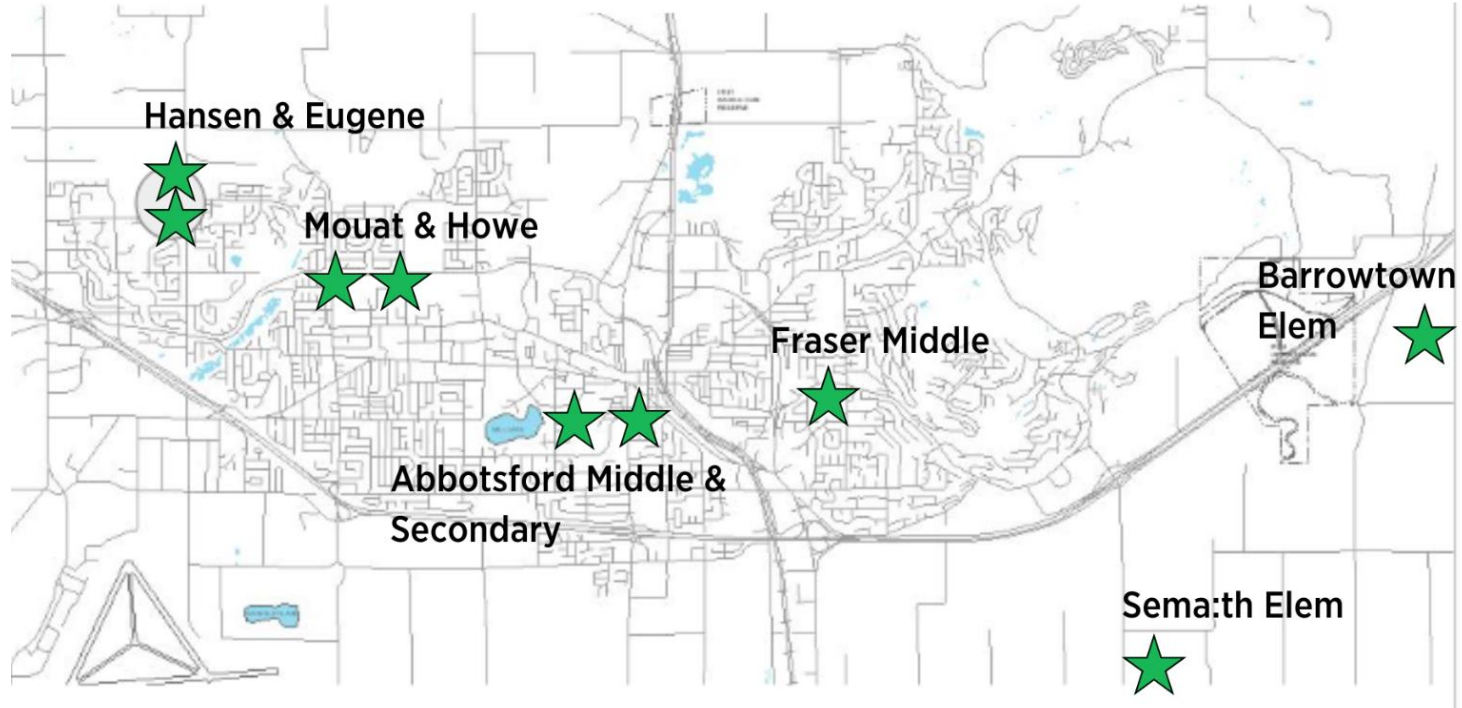
Paying it Forward: Gurpreet's Story



What is Youth Unlimited Doing in Abbotsford Right Now?



School Partnerships



School Partnerships

- Coaching + Athletics
- School Sponsored Extracurriculars
- Classroom Support
- Noon hour + Hallway Supervision



After-School Programs



Sports Programs



Outdoor Trips & Events



The Truck: Mobile Drop-In Centre



Small Group + One-to-One Mentorship





How Can You or a Young Person You Know Get Involved With Youth Unlimited Abbotsford?





Thank You

