

Program for Troubled Youth

Objective

The Empowerment and Resilience Program is designed to support troubled youth by addressing their challenges, fostering emotional well-being, and building life skills. The program aims to provide guidance, mentorship, and resources to help them overcome obstacles and achieve personal growth.

Target Audience

Adolescents aged 13 to 18 years who are experiencing behavioral, emotional, or social difficulties and need structured support to improve their lives.

Duration

The program will run for nine months, from March to November 2025, with weekly sessions and monthly workshops.

Scope

The program focuses on:

- Individual and group counseling sessions to address emotional and behavioral challenges.
- Skill-building workshops on conflict resolution, decision-making, and goal setting.
- Mentorship from positive role models to guide participants in personal and academic growth.

- Community service activities to instill a sense of responsibility and purpose.

Budget

The estimated budget is \$40,000, covering counselors, workshop materials, venue costs, and community projects.

Schedule

- **Week 1–4:** Orientation and trust-building activities to create a safe and supportive environment.
- **Weekly:** Counseling sessions and group discussions on relevant topics.
- **Monthly:** Workshops on life skills, career exploration, and coping strategies.
- **End of Program:** A graduation ceremony to celebrate participants' progress and achievements.

Team

- **Program Director:** Oversees program implementation and outcomes.
- **Counselors:** Provide professional guidance and support during sessions.
- **Mentors:** Act as positive role models and offer personal insights.
- **Volunteers:** Assist with event planning and participant engagement.

Resources

- Counseling spaces for one-on-one and group sessions.
- Educational materials for skill-building workshops.
- Funding for community service projects and activities.
- Partnerships with local organizations to provide additional resources and support.

Evaluation

The program will measure success through participant feedback, progress in behavior and emotional well-being, and engagement in activities. Regular assessments will help track individual achievements and refine program strategies to ensure meaningful outcomes.