

Dear Parents and Guardians,

For many students, the transition from elementary school to high school can be challenging and complicated. Concerns about changes in work load and school environment, different friends, new social pressures, and increased responsibilities can sometimes make this time seem overwhelming.

YWCA Metro Vancouver recognized the need to support students in their transition to high school, and developed a free after school program called *Guide to High School*. During weekly afterschool sessions students will learn about topics such as healthy living, stress management, time management, mindsets, friendships, peer pressure, bullying, identity, power dynamics, and social media.

In addition, they will have the opportunity to connect with other Grade 7 students at their school and in their community and be guided by an intergenerational team of program leaders, which will include current high school students and experienced facilitators.

For more information or to register, contact us at [youth@ywcavan.org](mailto:youth@ywcavan.org) or visit [www.ywcavan.org/grade7register](http://www.ywcavan.org/grade7register)

Sincerely,

YWCA Youth Education Team

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