



PEER MEDIATION AND SKILLS TRAINING

Peacebuilding Skills for Youth, Families & Communities



Quarterly News

June 2024

www.pmast.org



Check out our Great Alberta Adventure Charity Auction

See Page 8 for more info or go to

<https://app.charityauctionstoday.com/auctions/great-alberta-adventure-charity-auction-2024-41991>

All funds go towards our Birdies for Kids Campaign



MAKE YOUR DONATION GO FURTHER.

100% of funds donated go directly to your chosen charity. Donations are then matched by up to 50%.

DONATE NOW



Check out Page 9 for more info, or just donate to

<https://rogerscharityclassic.com/pmast/>

And now here comes the news...

PMAST CELEBRATES 25 YEARS OF SERVICE

In 1998, I attended U of C Mediation and Negotiation Program, following which I returned to coach in additional classes. One of the students I met was a Youth Probation Officer who remarked that what a difference it could make to the youth he worked with. The concept of Peer Mediation was just a gleam in Winston Blake's eye. After much discussion and a proposal, his supervisor approved a pilot at Lord Shaughnessy High School in 1999 and so it began.

This school functioned as an Integrated Occupational Program school under Principal Brad Adams. The students were a mixture of diverse ethnicities, youth struggling with developmental and educational challenges, those coming out of lock-up, and those expelled from other schools. This school had its own probation officer!

Students were hand-picked for the program, as the "most in need" and were basically given the option to either attend this program or be suspended/expelled. Not too happy to be in this class. But they got it! The programs continued and we trained more students and developed Peer Mediation Teams. The change in these students was remarkable and incredibly the worst bullies, ring leaders, etc. became the best peer mediators.

The success rate for mediations by the student mediators, including student/teacher issues, was over 80%.

This was just the beginning – since then PMAST has worked with well over 2000 youth in Calgary and Area and it is always gratifying to hear someone you meet say "Oh I was in that program back in the day and here's what it did for me".

Our programs developed to meet the needs of our clientele, to work with families - a program for parents and teens to improve their family communication and dynamics, young offenders and the newest refugee and immigrant students.

Brenda Christie, Founding Member and President



In 3 years, the graduation rate increased from about 25% to over 60%.

CONFLICT IS A FACT OF LIFE...

We recognize that conflict is a fact of life for everyone, not just children and youth. We all have to deal with conflict at some point, whether with family, friends, at work, or at play. It is how we deal with it that determines our success and the impact on our well being. Conflict is an **opportunity** to learn more about a topic, to learn to appreciate other points of view, to building better relationships and stronger teams. By trying to understand what the other person is actually meaning, and encouraging their ideas and input, makes for better solutions and stronger teams for all of us.

That's what PMAST is all about!

PMAST ON THE GO

Nelson Mandela High School

The new English Learner's I class got off with a late start this Spring, however we did manage to complete the 6 weeks session, graduating from the class on June 13, 2024. We had 19 new Canadian students from all parts of the world whose English level was from Grade 1 – 3 level, who attended the Youth Empowerment Skills (YES) program.



Class of 19 with Ms. Merali (front) and Liz Borger (PMAST Trainer on right)



We are sad to say goodbye to Ms Tina Merali who will be retiring this summer from NMHS. Ms. Merali has been PMAST's champion for many years. We wish her the best in her future endeavors.

Brenda Christie & Ms. Tina Merali

PMAST CALENDAR

2024:

Present – August 30 – Birdies for Kids Campaign

June 7 – July 17 – Great Alberta Adventure Charity Auction

October – United Way Campaign

October 24 - PMAST AGM

November 16 – Night of the Grape/Wine Survivor

December – Christmas gift for person who has everything

2025:

Casino – Third Quarter



PMAST participated in Airdrie's National Youth Week during the first week of May 2024 and ran a core exercise session with NRG Fitness Inc. Thank you NRG Fitness Inc. for partnering up with PMAST for this event.



YOUTH LEGACY PROJECT

STATSCAN claims we spend over \$14 MILLION EVERY DAY on adult incarceration alone: so how do we change this? How many adult offenders were juvenile offenders? PMAST researched how we currently deal with young offenders and how that does not seem to be working. We looked at how we can reduce youth criminal activity and lower the recidivism rate. That is the goal of this project.

Research and the experience and expertise of our core advisors indicates the one common denominator with youth falling within the judicial system, is their inability to deal with conflict – peacefully. That is what PMAST does! We also learned there are many other issues these youth are struggling with and as a recently retired staff from the Calgary Young Offenders Centre indicated, the saddest thing is having the youth in lock up, then sending them back into the same environment without any new skills to cope with the issues that landed them there in the first place; and expecting them to be different. This process is not working and not realistic. Many juvenile offenders continue down this road until they age out and become adult offenders.

Based on the advice of experts in the field, we proposed developing an innovative program to join together the skills and resources already existing in the city and any others the youth-at-risk might need to turn their lives around. Airdrie has been selected for this pilot, with support of the Airdrie City Council. This proposal met with approval and funding by the Federal Youth Justice Fund and the Alberta Civil Society Fund, who together have provided funding for a three year project to develop and pilot the program. It is based on the premise that the model developed will be transferable to other locales. Stay tuned...

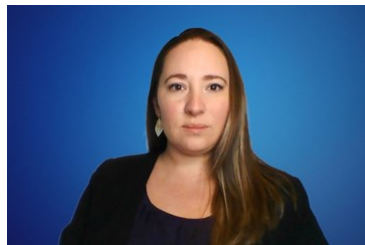
CONFLICT MANAGEMENT TRAINERS:



Jaime Lawrence's enduring passion for collaborating with local communities has been a defining thread throughout his career. Armed with degrees in Geography and International Relations, he embarked on a global

journey, working in various corners of the world. This led him to international development work for a decade, completing a Master's Degree in Denmark, teaching English in South Korea, cultural awareness director for YMCA and youth programs throughout Calgary and at Camp Chief Hector.

In his spare time, he plays in a local Band called Paradise Lanes who is also Calgary Co-op's Stampede Band as well as raising chickens in his backyard in Inglewood and slaying people on the pickleball court.



Crystal Brown is a Calgary-based mediator who embraces conflict resolution with an inclusive perspective. With work experience

spanning Australia, Malaysia and Canada. Her ability to adapt skills and tools to diverse audiences has allowed her to speak internationally. Crystal holds her Q.Med status with ADRIA/ADRIC, Conflict Resolution: Mediation/Third Party Intervention (JIBC), a Certificate in Conflict Resolution (UCalgary), a Diploma in Disability Studies(MR), a Professional Certificate in Change Management (UCalgary), and a Certificate from Indigenous Canada (UAlberta). Her ongoing educational pursuits reflect her dedication to fostering understanding and growth across diverse communities. She channels her passion for working with youth outside the mediation room and remains steadfast in her mission to help leaders of all ages and backgrounds cultivate effective communication and conflict-resolution strategies.

YOUTH LEGACY INTRODUCES...



Musap Abdel (Moose)
Founder and CEO of
Struggle is Your Success.
(SIYS)

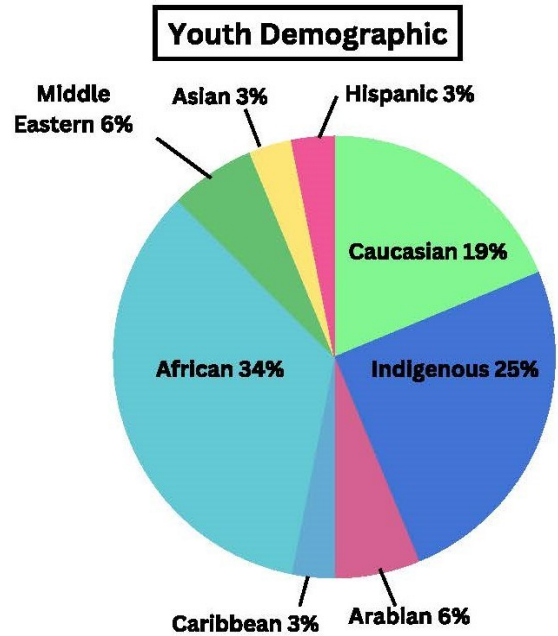
SIYS envisions a world where all youth have the ability to overcome their struggles and achieve success.

PMAST has just contracted Moose as a Project Manager and trainer for our Youth Legacy Project. Struggle is Your Success, is an innovative non-profit organization he founded to work with Youth from diverse backgrounds to help them to overcome their challenges so they can become self-sustaining members of the community and achieve success in their lives.

He teaches these youth to DREAM IT, PLAN IT, BUILD IT!

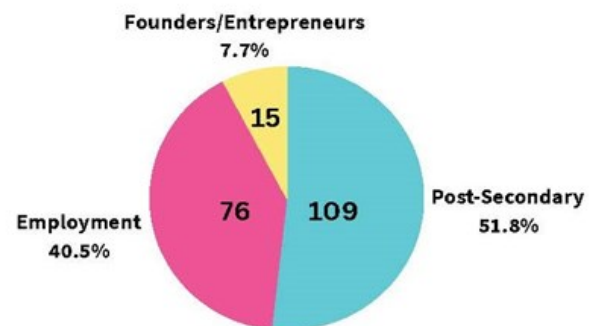
In just four years he has positively and successfully impacted the lives of over 200 youth with amazing results. *See graphs...*

He brings to the table years of experience in working with youth, implementing programs to get them back in school, provide job preparation and training to become entrepreneurs. He has also provided programs at the Calgary Young Offenders Centre which will put him in good stead for Youth Legacy.



14 Adults
***Pilot test**

Post-Program Youth Impact



Surveys

100% Improved Confidence

100% Improved Sense of Belonging

92% Improved Change of Mindset



PMAST'S WALL OF FAME

HONOREE – RICHARD LEE



PMAST would like to honor Richard Lee, a long-time supporter of PMAST. Richard was a child immigrant from China to small town Alberta, where he was the only non-Caucasian child. He spoke very little English and was small for his age.

Richard says the effects of bullying were devastating as a child, but the memories have stayed with him throughout his life. He became a successful financial advisor and family man. His support through the Million Dollar Round Table, both the International and the Canadian Chapters, has resulted in PMAST programs impacting hundreds of students. Both chapters require a “Knight” to sponsor your application for funding. Richard has truly been our KNIGHT for many years.

Thank you, Richard, from PMAST, and the many youth whos lives you have touched.

HONORING CALGARY NORTHMOUNT KIWANIS



For many years, the Calgary Northmount Kiwanis have provided funding, which has enabled PMAST to offer programs to Calgary youth, especially immigrant and refugee students at Nelson Mandela High School.

They include PMAST in their activities and support our activities, including helping us work our casinos.

PMAST thanks the Northmount Kiwanis for being such a great partner and making it possible for us to do what we do.

PMAST THANKS ALL OUR DONORS AND SUPPORTERS:

PMAST tries to make our programs available at a minimal cost to participants, especially with school budgets already stretched to the limit. Our goal has always been to ensure our programs are not just for those who can afford them. We need to ensure all youth have the opportunity to gain the skills to be the best they can be. This requires a lot of fundraising to develop the programs and hire great trainers; in short, to ensure we achieve a high standard of excellence. We submit many funding applications with varying success.



GET INVOLVED – BE A VOLUNTEER

PMAST HAS MANY VOLUNTEERS AND SUPPORTERS who all make our mission possible, from our Board of Directors who work tirelessly to keep the organization functioning since we do not have paid staff to perform the day-to-day functions. A huge thank you to volunteers - our bidders in our auction, event attendees, ticket purchasers, donors, and supporters. Together, we are making a difference!

**And a huge thank
you to all our vol-
unteers!**

**Well Done – we
couldn't do it
without you!**

HOW YOU CAN MAKE A DIFFERENCE:

- Be part of an organization that does make a difference, with a purpose that you believe in:
- Become a volunteer
- Become a board member
- Help us promote PMAST
- Help us raise funds
- Connect us to your employer's community giving program
- Find items for our annual auction
- Sign up on our mailing list and help us grow our followers by forwarding our news to your friends and family
- Introduce us to get programs in your child's school
- Work at our casino

So What's In It For You?

- Contribute to a cause you care about in a high-impact way
- Gain important skills
- Expand your network
- Connect with your community in a new way by learning its needs and perspectives
- Teach your children about community service
- Give back
- Meet a great new bunch of dedicated and motivated people

