

Community Group Providing Human Services Funding Request to City of Burnaby

**Request for Grant to support our youth programming and operations
from January 2018-June 2018**

About us

Motivated by Wisdom is a Vancouver based non-profit organization (previously known as Teen Journey) registered under the BC Society Act No: Soo59574. MBV was created to empower youth with coping skills and to develop their competency. Since inception in 2009, our programming has met the need of more than 150 teenagers and approximately 75 families who face multiple barriers to access services in Greater Vancouver and Burnaby. As an inclusive agency, our programs are meant for youth's ages 13 to 28 years old, and families who have teenagers transitioning into adulthood. According to Youth.gov, an agency which strengthens the capacity of youth-serving organizations with tools, it was recommended that "Mentoring can help youth as they go through challenging life transitions, including dealing with stressful changes at home or transitioning to adulthood. Close, healthy, supportive relationships between mentors and mentees that last for a significant portion of time (i.e., more than one year) are central to success" which is in line with our agency practice and community mentorship program.

Our participants are mostly low at risk and face multiple barriers in accessing primary stream services in this community. According to research done by Canadian Mental Health Association, BC Division 2016, Peer Support for Youths, Environmental Scan, it was concluded that "when children and youth are involved in their plans of care and decision-making that affects them, they are more motivated to achieve successful outcomes for themselves and their families" a strategy mostly applicable in our mentorship and leadership.

Furthermore, our services revolve around enhancing the safety of youths who are in the process of developing their physical and intellectual

CITY OF BURNABY

DEC 21 2017

CLERK'S OFFICE

competencies. The mentioned need for our safety programming is supported by facts released by the office Representatives for Children and Youth, British Columbia April 2016, revealed that from “June 1, 2007, to May 31, 2016, 2,682 critical injuries and 878 deaths occurred in British Columbia” Most of this was school age youths or children. Additionally, as a human services organization founded on established research and tested practices, blended by indigenous contributions, we offer transformational programs for youth in search of inner guidance.

Our expertise stem from nine years of working with youth , parents, family and community in many different programs and projects. Our team bring local and international leadership experience in delivering arts, science, and personal developmental programs.

Mission: To provide wise mentorship for youth and guide them in their transition to adulthood.

- Provide wise and empowered mentorship to help youths understand, decipher and navigate the complexities of the information they are exposed to in daily life.
- Provide experiential and transformational programs for youths, mentors, parents and caregivers.
- Help youth transit successfully into adulthood with a comprehensive understanding of their connection with their communities and their responsibilities as adults.
- Reconnect young people with the elders of their own cultures as well as other cultures.
- Support expansive awareness of different choices and life's possibilities
- Empower the young generation to become self-inquiring individuals who can exercise integrity in each moment of choice.

Values:

1. Integrity: We accept responsibility for our lives and each of our actions.
2. Creativity: We inspire youth to explore and discover their potentials and gifts and share them with others.
3. Inclusiveness: We create a sense of belonging in youth.
4. Service: We engage young people in services for local and international communities.

Our Programs:**SOCIAL-EMOTIONAL DEVELOPMENT PROGRAM FOR YOUTH: “WHO AM I”**

Objective: To empower young people to become self-inquiring individuals who can learn how to overcome anxiety, stress, and depression through self-knowledge, community connection, and tools that can be easily applied in daily life.

Highlights of Outcomes:

- ✓ Experience of consistent mentoring from people who understand and respect youth.
 - ✓ Development of new skills in dealing with poor habits and creating good habits
 - ✓ Techniques for examining thoughts, feelings, and emotions
 - ✓ Knowledge of human anatomy and physiology as a basis for understanding fear, anxiety, stress, and depressions.
- Workshops take place 2-3 times bi-Weekly

MENTORSHIP & LEADERSHIP PROGRAM FOR YOUTH WORKERS

Objective: to enhance participant's abilities to be successful communicators, leaders, and mentors in their communities.

The highlight of Outcomes:

- ✓ Conflict resolution and conflict management
- ✓ Trust building
- ✓ Knowledge of responsibility and safety
- ✓ Learn the clarity and assertiveness of communication
- ✓ Train the trainer
- ✓ Workshops take place 2-3 times bi-Weekly

A snapshot of our Leadership and Management team

Ela Rezmer

She is passionately involved with a multitude of consciousness-raising projects, all of which are inspired by spirit, and delivered with clarity, trust, and love. Ela is the founder of Teen Journey and a practicing interior designer who holds a Master's Degree in Interior Architecture from the Academy of Fine Arts in Europe. She is also a certified transformational breathwork facilitator.

As a visionary of the heart, Ela continues to create miracles by inviting people to co-create conscious communities that are rooted in the principles of deep connection and the interrelatedness of all of life. Ela brings leadership sourced from the heart to Teen Journey. Her greatest passion is to invite everyone to create communities that expand consciousness through the personal and collective journey of self-inquiry.

As a lifelong explorer of spirituality, Ela has studied with, and been initiated by, some of the world's most renowned spiritual leaders, including His Holiness the Dalai Lama, Dr. Carlos de León, Dr. Vernon Woolf, Juan Ruiz Naupari, and Dr. Judith Kravitz, amongst others.

A masterful teacher and mentor, she brings depth, expertise, and a fountain of love to this profound work. This vision has guided her to serve the spirits of the many teens, mentors, and parents who have been involved in Teen Journey. It's a testament to her passion for working with people of all ages and from all walks of life.

Helen Tomei

Helen Tomei transformed her passion for travel and spirituality into a successful tour business devoted to providing travelers more meaningful experiences at sacred sites around the globe. As a travel industry professional for more than 26 years, Helen has traveled extensively throughout Africa, Asia, and Europe before deciding to share her travel and spirituality interests with others.

In 2003, she founded Sacred Earth Journeys, a company that has twice received the Inspirational Entrepreneur of the Year award by the British Columbia Urban Entrepreneurial Development Association, and was featured in the book 'Waking up the West Coast: Healers & Visionaries.' Sacred Earth Journeys has been featured on radio and in several prominent newspapers and magazines. Helen is now grateful for the opportunity to make positive changes by sharing with others her enthusiasm for global awareness, personal growth, and journeys of transformation.

Inspired by her own teenager's positive experience in Teen Journey, Helen has helped with the administration, registration, and international trip organization. In addition to her experience as the mother of two teenagers, she brings a wealth of knowledge and experience in coordination and logistics to Teen Journey.

JACKY ESSOMBE

A real cultural liaison and an enthusiastic ambassador for the African culture, Jacky's passion for learning inspired her to become a professional dancer, dance teacher, storyteller, trainer, speaker, and TV- and radio-show host. She uses dance as a medium to express life to its fullest and also as a journey to a higher level of consciousness.

She loves to share the traditions, history, and culture of Africa, and the wisdom of her ancestors. She believes that the Western world can benefit from the ancient knowledge of indigenous people. Jacky indeed carries the

spirit of the village in her heart and shares it wherever she goes; for many years, she has worked with Teen Journey to bring this village vibe into the camp. This year, she will be working with the leadership team to co-create the most authentic and integrated Teen Journey village to date.

Additional Experts who support and advice our team

Craig Wanless – Registered Therapeutic Counsellor

Nigel Bennett – founder, Aqua-Guard Spill Response Inc

Dr. Kasia Wilk – HCPC Registered & BPS Chartered Counselling Psychologist

Juan Ruiz Naupari – Interpersonal Psychology and Inkarri Cultural Association

Brodie Whitney – Coach, Experienced Speaker

Michelle Staples – Advisor & Filmmaker

Andrea Dupuis – COO (Chief Operations Officer) of Lucrative Luminary Training Company

Caroline Ancessi – Advisor & Leader for Permaculture

Stephane Guerraz – Advisor in Business

Our Partners

Our ongoing partners include the following: Vancity Branch Burnaby, Scouts Canada, Aqua Guard, Safeway Burnaby, and Sacred Earth Journeys, Concious Living Radio

Success stories from Participants:

Youth Participant: "I turn 18 next month. I become a man," he says. "This experience has exceeded my expectations."

Parent: Ms. Appel also admits to being less than thrilled about attending at first, nudged into it by self-development-loving parents. But she's glad she went. "In one acting exercise we had to act out love, neediness, and anger - really intensely," she says. "I was shocked to find anger came so easily for me."

I realize I normally don't let that come out. Now, I know when I'm feeling something - not to cover it up."

Youth Participant: "I rediscovered something that was lost for a long time," says the 17-year-old. Passion, ideas, creativity. I found it again. It revealed itself"

You can find more Success Stories by following the link below

<http://motivatedbywisdom.org/videos/>

Pictures of our youths in action





More photos are available on our website.

Acknowledge of Grant Support:

Your logo will be display on our website, social media, press release, annual reports, newsletters, brochures and flyers as per city instructions. Also we will broadcast your contribution in our social services and community networks.

Contact information:

Motivated by Wisdom, Society (Previous known as Teen Journey)

279-4111 HASTINGS STREET BURNABY, V5C 6T7

Office: 778.858.7544

info@ motivatedbywisdom.org

felixngalla@yahoo.com

Director of Development, Felix Ngalla K, M.A

Chief Executive officer, Ela Rezmer Bach, M.A

Telephone: 604 868 3459

Telephone: 604 780 3400