



**STRONG MINDS STRONG KIDS,
PSYCHOLOGY CANADA**

PEER MENTOR PROGRAM



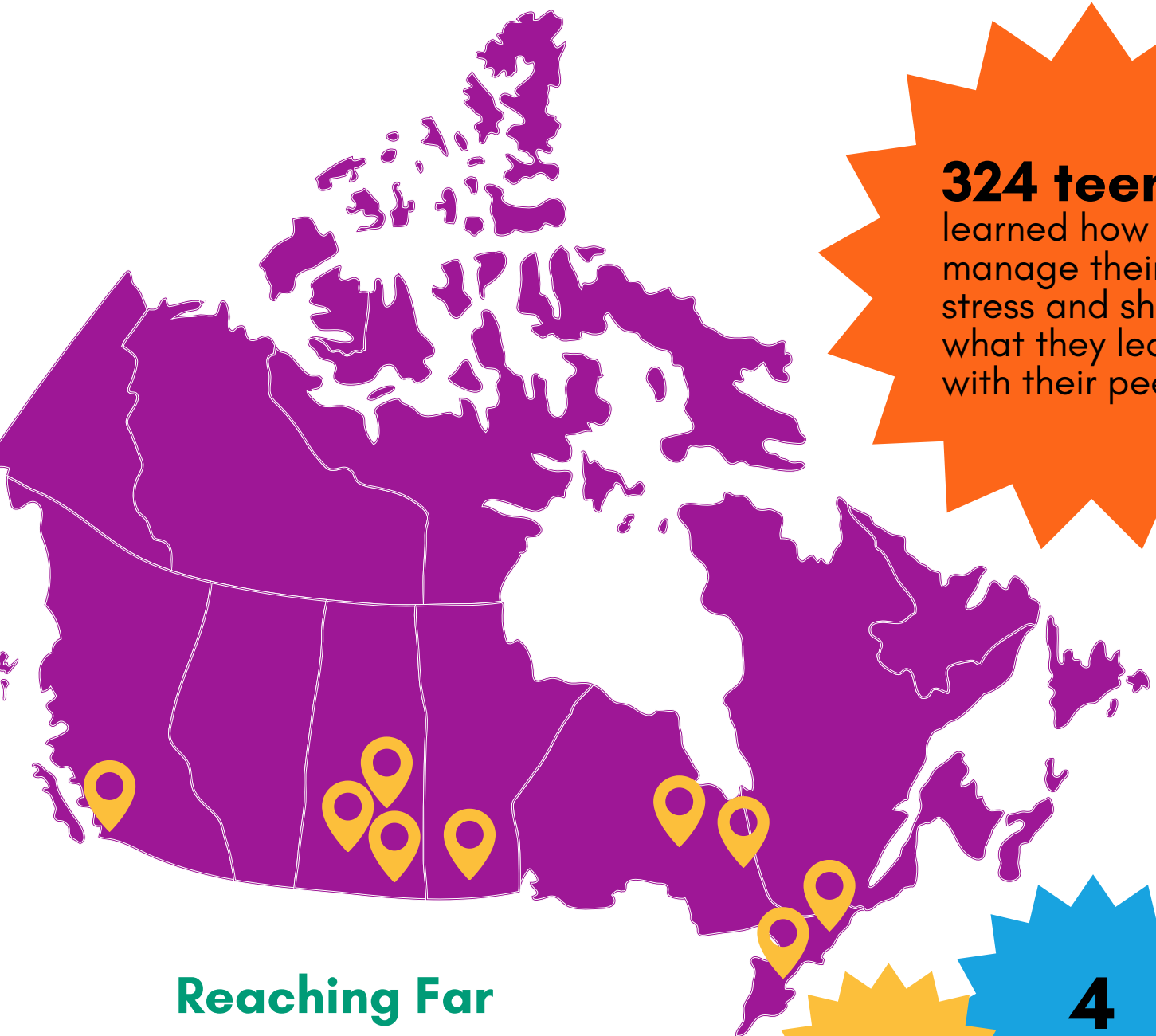
PROGRAM SUMMARY



PSYCHOLOGY CANADA™



PEER MENTOR PROGRAM SUMMARY



324 teens
learned how to
manage their own
stress and share
what they learned
with their peers.

Reaching Far

We were able to spread stress management information and resources across the country, supporting teens in

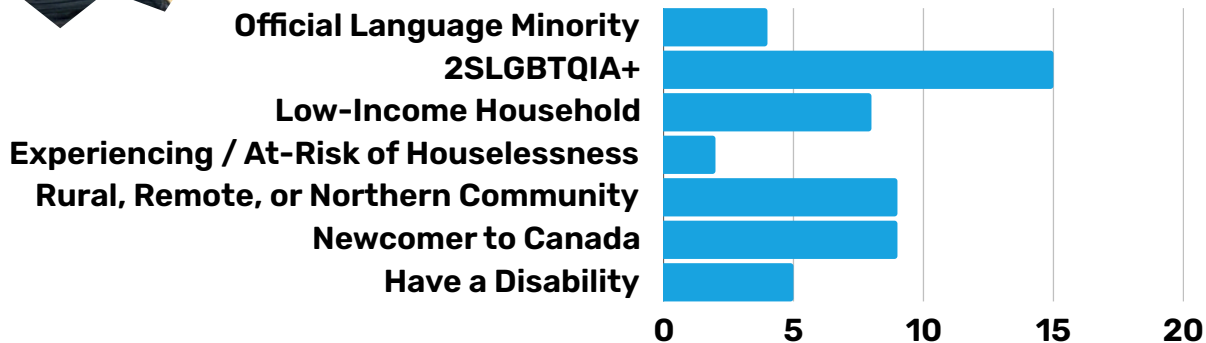
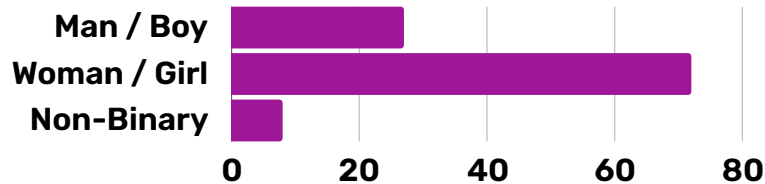
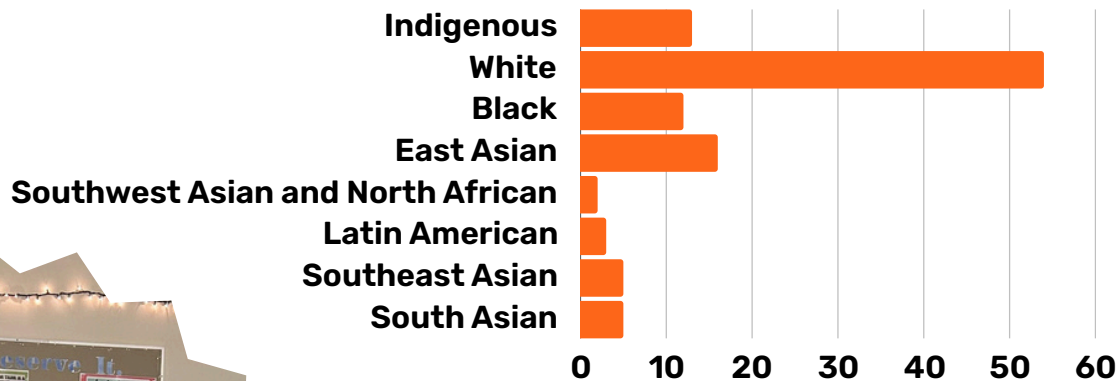
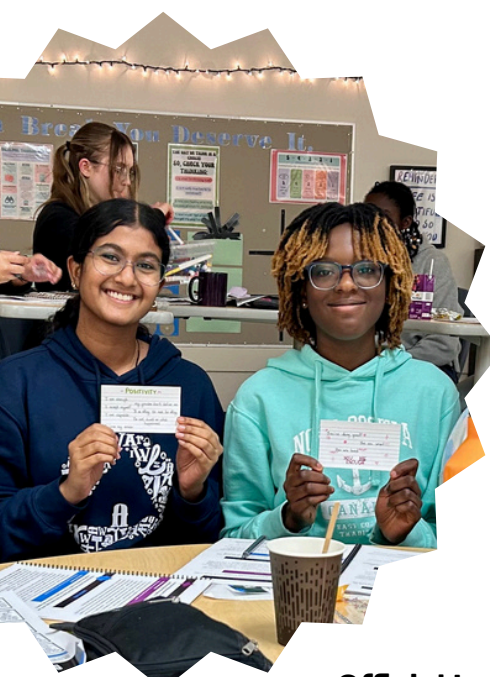
9
communities

4
provinces

PEER MENTOR PROGRAM SUMMARY

The Breakdown

We provided vital stress management resources to diverse groups of teens across the country. The program supports equity-deserving groups to build resilience.



PEER MENTOR PROGRAM SUMMARY

From Their Perspectives

Peer Mentor Program participants expressed overall enjoyment of the program and walked away feeling more prepared to manage their own stress and support their peers.



96%

of participants reported that they enjoyed the program.

79%

of participants agreed that the program helped them feel more prepared to support others with managing their stress.

74%

of participants reported that the information would be helpful when supporting themselves and others

70%

of participants reported that they felt better after attending the training.



PEER MENTOR PROGRAM SUMMARY

In Their Own Words

Peer Mentor Program participants had great things to say about the program and training.

"[It was an] environment where everyone was allowed to express their thoughts without the fear of being judged. I loved how the group activities were simple but were still useful!"



"I love that we got a booklet so we can go back and look at the things we discussed. I also thought the activities were very creative, cute, and enjoyable!"

"I've learned how to have meaningful conversations instead of the surface level conversations. I've become closer to people who I didn't used to be close to."

"This is a really great program and teaches me a lot of how to help people with their stress."

"I came to the training not feeling happy because I was stressed from the day I was having but after the training and the activities that we had, I feel so much better."