

Project AWARE: Youth Empowerment Workshops

Project AWARE is pleased to offer Youth Empowerment Workshops to Maine schools, community groups, and youth organizations that serve youth in grades six through twelve.

What are Youth Empowerment Workshops?

Youth Empowerment Workshops are intensive, high-energy, participatory, FUN sessions that use a variety of interactive and creative expression techniques to promote youth empowerment and raise awareness about issues of concern to young people.

Workshops will engage youth, and people supporting youth, directly in problem-solving and the substance abuse awareness and prevention process, facilitate meaningful dialogue among youth and their communities, provide a safe venue and creative outlet for the expression of complex emotions, and serve as a springboard for further community- or school-based youth action.

What does a Workshop look like?

Workshop content and structure will be developed collaboratively with the host organization to meet its specific needs and interests. Workshops can range in length from about three to six hours. The two facilitators can work with up to 30 participants; a group of 20-25 is ideal. Larger groups can be accommodated with the assistance of additional facilitators. Techniques that may be employed include:

- Theatre
- New Games: Non-competitive interactive group exercises
- Creative movement
- Music and percussion
- Team-building
- Large and small group discussion
- Multi-generational involvement

Who facilitates the Workshops?

The Workshops are facilitated by Katey Branch and/or Carl Lakari. **Katey Branch** brings to the project over 20 years of experience practicing and teaching the healing and creative arts. Katey has put her creativity and talent to work with Maine youth in many settings. She facilitated an improvisational theatre group called "Reaching out to Teens;" directed a mentoring program for ninth graders, "Partners for the Future;" facilitated "Theatre from the Ground Up," a theatre program for youth; and conducted a creative expression workshop for girls called "What's Up." In her work, Katey utilizes techniques such as movement, theater games, creative expression exercises, holistic health practices, and interactive discussion to educate, explore issues of power, and promote self-awareness.

Carl Lakari brings to the project over 20 years of experience providing facilitation, consulting, program coordination, housing and resource development services to individuals, community groups, non-profit organizations and government agencies. In recovery for 16 years, Carl has first-hand knowledge of addiction and the issues surrounding substance use, its affects and origins. He has facilitated numerous focus and/or process groups, classes, workshops and meetings, including forums on substance abuse, personal transformation workshops and creative movement groups. He has coordinated and completed successful projects in housing for people struggling with substance abuse, and co-founded a community center providing programs in community development, progressive social change, and the arts. Carl has worked extensively with Maine substance abuse providers and within the Maine substance abuse community.

Who do I contact?

Contact Carl Lakari, Project AWARE Coordinator, at 282-5598 or projectaware@maine.rr.com for more information or to schedule a workshop. www.projectaware.net