



YMCA Alternative Suspension is an out-of-school intervention program providing support to students who are disengaging from academics, being suspended, or going through the temporary expulsion process.

The Goal: To successfully reintegrate students back into their academic surroundings with a new action plan. During a student's stay with YMCA Alternative Suspension, we address the difficulties that may place youth at risk and create a support system through a strong academic focus.

- Improve the motivation and confidence of students by helping them navigate their suspension constructively
- Develop students' self esteem and empower them to take charge of their lives
- Educate students through workshops addressing personal, social and coping skills (including stress management, conflict resolution and more)
- Offer help with assignments so students can keep up to date with their school work

YMCA Alternative Suspension will now be offered out of one location: Castle Downs Family YMCA.

Reintegration Meeting:

- Reintegration meeting at school attended by the student, parents and the school and youth worker
- Student is referred to other programs and services in their community
- Within six weeks: The student, parents and school meet for a follow-up with program youth worker
- Three months later: The program youth worker conducts a follow-up with the school to evaluate the degree of problematic behaviour since the student's time in the Alternative Suspension program
- During the summer: The student is invited to participate in various activities

For information or referrals contact:

Youth Support Worker
780.819.4523

Castle Downs Family YMCA
11510 153 Avenue



The YMCA Alternative Suspension program offers an Alternative Support Path to help prevent young people from disengaging from school. We welcome students who face challenges with their motivation, organization, ability to adjust to a post-pandemic world or any other related issues.

A stay in the program is not a suspension. Rather, it is a break during which students can refocus, reorganize and feel motivated in a new environment while receiving the support of a qualified youth worker.

YMCA Alternative Suspension Referral Process

- After one or multiple incidents, the school may decide to refer the student to YMCA Alternative Suspension for one of three stay options:
 - Preventative stay
 - Suspension
 - Expulsion
- The school must contact the service site to confirm the student's stay with a Youth Support Worker. Once confirmed, a start date is agreed upon based on program space availability and the school's planned start date for the student
- The school contacts parents to inform them of the suspension and requests permission to refer student to YMCA Alternative Suspension
- The school send a completed Parent Permission Form, Essentials document and assigned schoolwork to the program Youth Support Worker
- The program Youth Support Worker contacts parents to answer questions and prepare for the student's time in the program



This program runs the same time as school schedules, including no-school days.
Weekdays 8:45 am–3:30 pm, Thursdays 8:45 am–2 pm

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