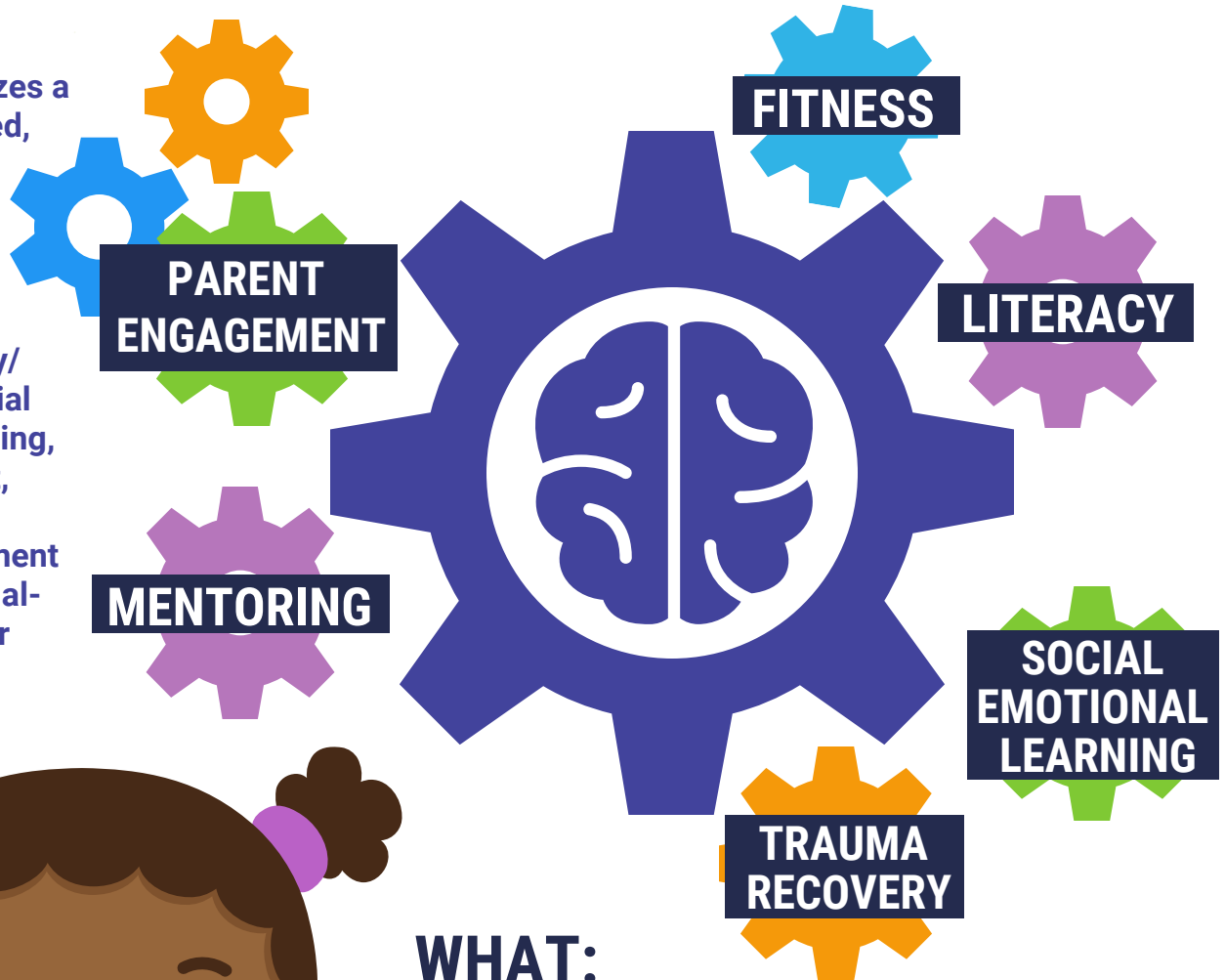




BRAINWORX!

LEARNING ENHANCEMENT PROGRAM

Brainworx! utilizes a trauma-informed, culturally responsive online framework focused on literacy, physical activity/movement, social emotional learning, growth mindset, mentorship and parent engagement to equip marginalized children for success.



WHAT:

The **Start2Finish Brainworx! Learning Enhancement Program** addresses the impact of trauma and reduces learning gaps that have been significantly amplified by COVID-19. The program helps marginalized children recover from and rise above these challenges & develop a lifelong love of learning.

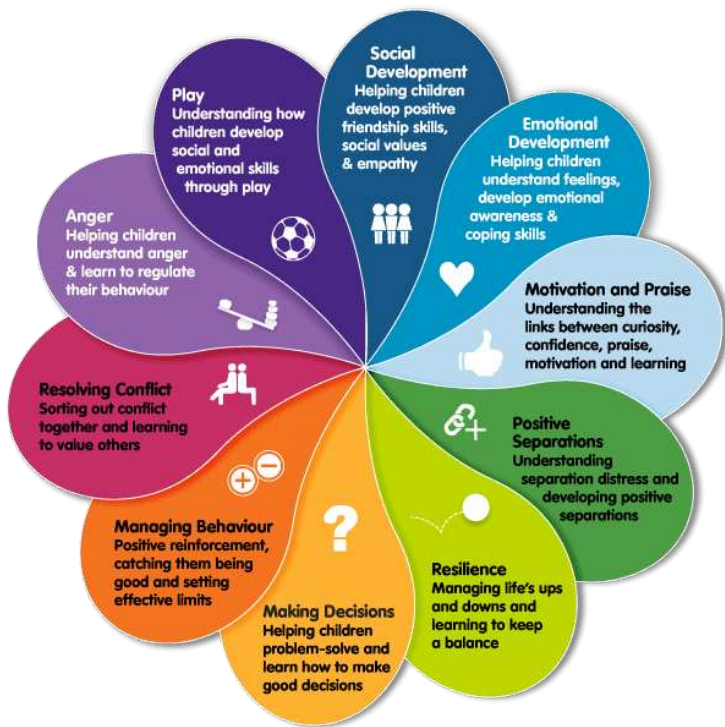
HOW:

- 30-week virtual program
- 2x per week
- Mentoring "hubs" of 8-10 children
- 2-4 coaches per hub
- **60 communities across Canada**

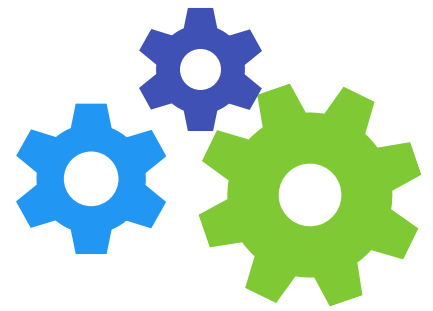
RESULTS:

Targeted outcomes include:

- Improved physical/mental health
- Increased literacy rates
- Development of Social Emotional agencies (i.e. resilience, self-regulation, self-efficacy, belonging)
- Reduced dropout rates & increased post-secondary attendance
- Reduced unemployment rates
- A healthier, more equitable Canada



SOCIAL EMOTIONAL LEARNING:



The **Brainworx! Learning Enhancement Program** is based on a Positive Education philosophy and empowers children to:

- Identify strengths; set expectations
- Acquire capacities like self-awareness, courage, self-management, curiosity, creativity, social awareness, relationship management, decision making, resilience, growth mindset
- Develop coping skills/additional social competencies to become more resilient learners/leaders
- Build community; create a sense of belonging
- Set goals, monitor progress, modify activities as needed, receive positive reinforcement, create consistent and predictable learning enrichment plans
- Participate in repetitive, rhythmic activities that create predictability and help them regulate

TRAUMA-INFORMED MENTORING

Studies show COVID-19 has caused “**collateral damage**” to the **physical and mental health** of children/youth. For the children we serve in Canada’s at-risk communities, the pandemic has had devastating impacts as they’ve been forced to stay home, many **experiencing trauma** including daily stress, neglect, abuse, and/or family issues like domestic disputes, divorce, crime or addiction. This instance of trauma increases further with community factors like violence, discrimination, and an environment of anxiety/fear. Pre-pandemic studies showed **62% of children in poverty** and **64% of Black children** experience one or more traumatic life events (“**Adverse Childhood Experiences**”), and COVID-19 has increased this significantly. While children from wealthier, more stable families “bounce back” more easily from trauma, children from low-income/racialized communities often lack the resilience & self-regulation necessary for trauma recovery. The **vital mentoring relationships** developed with coaches trained in **trauma-informed coaching** help create a **safe and nurturing environment** for children to not only recover but learn and thrive.

PROGRAM DELIVERY:

The project is being developed in collaboration with experts in **fitness, literacy and positive education** and uses **state-of-the-art technology and virtual platforms** (learning app; virtual classroom; video hosting; program curriculum/resource sharing; volunteer recruitment and tracking). The program is **accessible on any computer or mobile device (including cell phone)**, and we are working with other community partners to provide devices to participants in these communities who don’t have one.

www.start2finishonline.org

