



Start2Finish Canada has been operating our innovative, evidence-based programming **across Canada** for the past **21 years**. We currently impact **thousands of children** in **70 communities nationwide** through numerous school boards and community-based organizations.

Our **"Pathway of Hope"** features comprehensive programs that take children all the way from grades 1 through 8.

Backpack Program

The Start2Finish Backpack Program provides vital school supplies to children who begin the school year without the proper essentials. Each September, Start2Finish, in cooperation with school boards and local schools, identifies children with the greatest needs in low-income communities nationwide. The program equips students with the tools to help “even the playing field” and prepare them for a successful school year and beyond.



Running & Reading Clubs

The Running & Reading (R&R) Club after-school program operates both in-person and online a total of 3x/week. The program addresses the need for enhanced literacy, physical activity and mentorship among marginalized/BIPOC children in the communities it services. We have developed an enhanced Positive Education curriculum that strengthens children's mental health by helping them build social emotional agencies (i.e. resilience, motivation, positivity, self-efficacy). Combined with physical activity and literacy support, the R&R Club improves children's overall well-being in 4 critical areas: Physical, School/Academic, Social-Emotional and Psychological.



Brainworx! Learning Enhancement Program

The virtual Brainworx! Learning Enhancement Program has been developed as an accessible, trauma-informed online solution to addressing youth well-being. The Start2Finish-developed Positive Education curriculum is focused on literacy, movement, social-emotional learning, growth mindset, mentorship and parent engagement. The program operates 2x/week through short 30-40 minute sessions (as a standalone or as part of the R&R Club), facilitated in virtual hubs (8-10 children each) by security-checked and trained volunteer mentors.



Junior Coach Leadership Development Program

The Junior Coach (JC) Leadership Development Program is designed for Start2Finish alumni and other eligible youth who have successfully completed grade school, participated in our elementary school programs, and are recommended to us by their principal and/or a teacher. These youth, especially those from marginalized communities, face significant challenges during the difficult middle school "transition years" (grades 7-8), leading to higher dropout rates. The JC Program addresses these challenges by providing training and mentoring for youth entering high school, as well as the opportunity for them to develop leadership skills and "give back" by volunteering as junior coaches in our other programs.



Summer Adventures Program

The Summer Adventures Program was created to help bridge the gaps in learning over the summer and provide continued support to marginalized children navigating through the difficulties of COVID-19, like isolation, trauma, anxiety, boredom, and cancelled summer activities. The online program facilitates continued at-home learning and promotes physical activity in a fun and engaging way that keeps kids busy over the summer break and gives them something to look forward to. The 8 weeks of themed activities contain literacy, numeracy, and fitness components that enable children to explore their natural environments (both indoors and outdoors) and complete weekly challenges using items found around them.



Daily 20*

The Daily 20 (D20) is designed to help schools and students meet the federal and provincial governments' daily physical activity (DPA) guidelines. The easy-to-use, culturally-responsive online video program provides 20 minutes of daily physical activity (broken up into 5-minute "doses") to elementary/middle school children in classrooms, gyms, playgrounds and community centres. The program is administered 5 days/week, with no equipment needed, and features a variety of aerobic exercises demonstrated by Canadian children and athletes through fun, engaging methods that highlight the importance of physical activity/movement and healthy eating. The D20 measurably improves fitness levels and helps strengthen academic results.



THRIVE! Positive Education Curriculum*

Thrive! is designed for elementary educators who wish to incorporate Positive Education into their classrooms more easily and effectively in order to promote student mental health. The curriculum is designed to be seamless and unintrusive. Thrive! was developed by a certified Positive Educator drawing on the tenets of well-being science including Positive Psychology, Positive Education, Neuroscience and Integrative Health. As S2F has 20+ years of experience in areas of deprivation across Canada, our curriculum specifically targets issues of concern in communities of complexity. The curriculum not only helps students survive but thrive in extraordinary circumstances, empowering them to be their best selves today and beyond.



*Offered at a minimal cost. All revenues go back into our other programming so that we can continue to impact children nationwide.