

Information for Community HEROs Participants

Here is some information that will help you get started with the Community HEROs program:

About the Program

Community HEROs is a leadership program for youth 13-17 years old. This program will provide youth the unique opportunity to develop their leadership through direct involvement with the City of Edmonton's river valley, attractions, City Arts Center and leisure facilities. Through this program, participants will step up to Health, Empowerment, Responsibility, and Opportunity.

Program Requirements

Youth in this program will have two years from the date they enroll to complete 6 courses (3 required and 3 electives) and 120 hours of volunteer service learning. Costs will vary by course but there is no fee to join the program or complete volunteer hours.

Community HEROs offers a diverse array of courses specifically tailored to help you build the skills that will help you step up to leadership through developing **Healthy** living practices, **Empowering** yourself to face tough decisions in life, developing a sense of **Responsibility**, and taking the **Opportunity** to learn new things and prove to yourself that you can become a leader!

Important Definitions

Health: Participants will learn skills to help improve their physical, mental, and social well-being

Empowerment: Participants will build the strength, confidence, and abilities that will empower them to take charge and make decisions while promoting self-actualization

Responsibility: Participants will gain the ability to act independently and make decisions, while learning the importance of being reliable, trustworthy, and accountable for one's actions.

Opportunity: Participants will have the chance to better themselves, as they learn how to recognize and take advantage of favorable combinations of circumstances, time, and place.

Benefits

Youth enrolled in the Community HEROs program will:

- Build leadership skills and self-confidence
- Learn and develop new life skills
- Gain professional experience
- Improve personal health and wellness
- Experience new things
- Make new friends
- Strengthen communication, problem solving, and team building skills
- Experience the City of Edmonton's facilities and programs
- Get involved in their community!

Required Courses

All Community HEROs participants must complete three required courses at any time throughout their two years in the program. These courses have been selected to provide youth with a foundation of leadership skills. Course locations, schedules and fees will vary by course. For a list of courses and details on how to register, please visit www.edmonton.ca/HEROs or call 311. Upcoming courses will also be highlighted in a quarterly e-newsletter.

The 3 required courses are:

HEROs: Initiatives with River Valley Programs

Spend a day in the River Valley working as part of a team to solve puzzles and overcome challenges. This safe, positive environment is the perfect place for youth to explore and step into their leadership potential.

HEROs: Improv & Public Speaking with the City Arts Centre

The ability to express one's self verbally and non-verbally is an important skill for everyone to have. Youth will learn the basics of public speaking, how to listen carefully, stay calm, trust one's self, work in a team, be spontaneous, and flex their imagination!

HEROs: It's My Life with Volunteer Services

This course will prepare youth for their first foray into the workplace. Youth will learn where to look for a job, how to write an eye-catching cover letter and resume, learn who and who not to use as a reference, and what to expect in their first job interview. Participants will develop confidence through understanding body language, knowing how to make a good first impression, and in-class mock interviews

Elective Courses

In addition to the three required courses, you will complete three elective courses. These electives will provide you with the opportunity to explore a variety of activities, learn new skills, and develop passions that will carry you into young adulthood. Elective courses will vary throughout the year depending on the season and instructor availability. Course schedules, locations and fees will vary by course. For a current list of course offerings, see www.edmonton.ca/heros. Upcoming courses will also be highlighted in a quarterly e-newsletter.

Some examples of elective courses are:

Geocache Exploration at the John Janzen Nature Centre

You Can Cook Too with the City Arts Centre

Crochet Away with the John Walter Museum

Photography for Teens with City Arts Centre

Teens on Wheels with the City Arts Centre

Stand Up Paddle Board with River Valley Programs

Challengers/Trackers Camps with River Valley Programs

Drop-In Fitness Classes with Fitness and Leisure

**NOTE: In order to receive credit for Drop-In programs you must have your fitness instructor sign a Class Completion form. Contact rfsvolunteer@edmonton.ca for details.*

Volunteer Service Learning

In addition to the course work, you will complete 120 hours of Volunteer Service learning. There are a variety of different opportunities for you to fulfill these volunteer hours, including: Step Up Summer Daycamps, Junior Urban Farmers, special events, costumed interpreters, SwimAbilities and more. These positions will help you get hands-on leadership experience—and they look great on a resume too! You can begin your volunteer service at any time—you do not need to wait to begin your courses first.

Included volunteer hours:

- City of Edmonton Attractions - *Edmonton Valley Zoo, Fort Edmonton Park, Muttart Conservatory, John Walter Museum, John Janzen Nature Centre & Prince of Wales Archives*
- River Valley Programs
- City of Edmonton Fitness and Leisure Centres
- Leaders in Training (LIT Program) – *Greenshack and Registered Daycamps*

** Please Note: For 2014, only volunteer hours from the date you started the HEROs program are included.*

To get started volunteering:

1. **Set-up your online profile:** You will use the same profile to sign up for the HEROs program and view volunteer opportunities. Visit www.edmonton.ca/HEROs to get started.
2. **Search for available volunteer opportunities:** Visit www.edmonton.ca/volunteers under Attractions and Recreation Centres to view the facilities where you can volunteer. You can view available volunteer opportunities for any facility listed. Select the black 'sign up' button to have that facility added to your volunteer profile. Check back often as postings are updated monthly.
3. **Sign up for a position:** Sign up for a volunteer position/shift that interested you. We will send you an email regarding what comes next; either an interview or an orientation.
4. **Complete your Screening:** If you are under 16 years of age, you will be asked to provide two reference letters/forms at the time of the orientation. If you are 16 years of age or older, you will be asked to complete a Security Clearance Check during the orientation. Depending on the position, you may also be asked to attend an interview.
5. **Attend a New Volunteer Orientation:** Once you have signed up for a shift we will send you an invitation to one of our New Volunteer Orientations where you will learn more about Volunteer Services, Occupational Health and Safety and the Code of Conduct.
6. **Begin volunteering!:** After you have completed your screening and orientation you are able to begin volunteering! You have two years to complete your 120 volunteer hours.

Why is Volunteer Service Learning Important?

Volunteer service learning allows you to learn new skills and gain hands-on experience through direct involvement in your community. You will be able to practice and develop your leadership skills as you build positive relationships with peers, supervisors, and members of the public. Through volunteer service learning, you will have the opportunity to develop your professional skills and gain the experience and references that will help you to build your resume. Through volunteer service learning, you will develop your confidence and self-esteem as you unleash your leadership potential!

For more information:

Visit: www.edmonton.ca/HEROs

Email: rfsvolunteers@edmonton.ca

Phone: 780-496-4935