



United Way
Sarnia-Lambton
theunitedway.on.ca

Rebound

2022-23 United Way Funding

Early Intervention & Prevention - \$50,000



Sarnia-Lambton
REBOUND



Youth helped in 2022-23

Early Intervention & Prevention – 166 youth

Program Descriptions



The early intervention and prevention hybrid program is provided for children and youth to allow for flexibility in which program best suits the unique needs of each youth that walks through the physical and virtual door.

Choices – substance use, prevention and intervention program for ages 12-17

Choices Jr – encourages youth ages 8-12 to look at their actions and break them down to consider the consequences of their decisions

Life Choices – social skills program offered to ages 12-17 that focuses on communication, decision making, goal setting and leadership

Thrive – development of personal qualities of perseverance, confidence and courage for youth ages 12-14

Stage – life skills for youth ages 8 – 15 who identify as female

Tag – life skills for youth ages 8 – 15 who identify as male



Program Results

Early Intervention & Prevention

87% report improvement in their coping skills

89% report improved decision making skills

87% report an increase in understanding of the importance of self care in order to take care of their mental health

