COURAGE CLUB

AFTER-SCHOOL & IN-SCHOOL



BUILDING CONFIDENT, CAPABLE KIDS

STUDENTS DEVELOP:

- Confidence
- Resilience
- Self-awareness
- Real-world skills
- Focus & follow-through
- Ownership & accountability



letsgrow@courageclubkids.ca

courageclubkids.ca

What Students Gain

- Build real confidence through action and experience
- Develop resilience by facing and overcoming challenges
- Improve communication, respect, and social awareness
- Learn to take ownership of their actions and choices
- Strengthen focus, effort, and follow-through

Why It Works In Your School

- Supports social-emotional learning and student development goals
- Engages students through movement-based, hands-on learning
- Flexible delivery: after-school programs or in-school sessions
- Scalable for different group sizes and school needs
- Easy to implement with minimal staff involvement

Program Pillars

1. **Movement** – Encourages physical activity, goal-setting, and self-discipline through fun challenges that help students build confidence and resilience.
2. **Mentality** – Focuses on social confidence, leadership, and everyday life skills, including communication, problem-solving, and handling challenges gracefully.
3. **Mindfulness** – Builds self-awareness, empathy, and emotional intelligence through reflection, teamwork, and structured activities that highlight the impact of students' actions on themselves and others.

Confidence isn't taught — it's built through experience.

Let's Grow

- **Program length:** 5 one-hour sessions
- **Flexible delivery:** After-school program or in-school sessions delivered over 3–5 weeks
- **Cost:** $159 per student
  (Registration and payment handled through the Courage Club website. Financial assistance available for families who need it.)
- **School partnership:** A portion of program revenue is shared with the school or donated to a cause of your choice

To bring COURAGE CLUB to your school, contact us to discuss programming options: 604-989-1226

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