



Dear Friends,

I am excited to share an innovative program designed specifically for male-identifying high school-aged students in our community. This 7-week program is a collaborative effort between the Cambridge Food Bank and Porchlight Counselling and Addiction Services funded by the Waterloo Region's Upstream Fund.

At its core, Vibe & Thrive aims to foster a sense of belonging and friendship among participants while equipping them with practical life skills and offering opportunities for fun and meaningful experiences. Led by the Cambridge Food Bank youth worker and mental health professional from Porchlight, the program offers a dynamic blend of engaging activities and supportive mentorship while offering participants the opportunity to earn their 40 high school community service hours.

Friendship Development: Vibe & Thrive provides a supportive environment where participants can forge genuine friendships through team-building exercises, shared experiences, and fun outings to local attractions like bowling, laser tag, and escape rooms.

Life Skills Practice: Participants will be able to learn valuable skills such as cooking nutritious meals, navigating public transportation, and job skill development, empowering them to thrive as they enter the stage of young adulthood.

Mental Health Support: Recognizing the unique challenges youth face today, Vibe & Thrive incorporates a mental health professional who will offer guidance, support, and resources to promote emotional well-being and resilience.

If you know of male-identifying high school-aged students who could benefit from meeting other youth and developing social connections, we encourage you to share this information with them and their families. Together, we can create a community where every young person feels valued, supported, and empowered to reach their full potential.

For more information about Vibe & Thrive or to inquire about signing up please don't hesitate to contact Vanessa, Youth Activator, at 519-622-6550 ext. 109 or vtoncic@cambridgefoodbank.org.

Thank you for your partnership in supporting the well-being and development of our youth.

Warm regards,

Dianne McLeod
Executive Director
Cambridge Food Bank