

What They Have to Say

Career Trek gives us the opportunity and the confidence to graduate high school and pursue our dreams. I don't want to be a statistic.

Graduate

I learned is that college and university are a whole lot of fun! There are so many courses you can take, there are a lot of people to meet, and I can't wait to make it there. To be honest, Career Trek is what keeps me going through the school year!

Graduate

I think that Career Trek made me more interested in careers, school, and more!

Graduate

A great program for young moms to have the opportunity to experience different careers hands on! Loved it!

Erica Schrutwa, Graduate

This year we had a grade 10 student volunteer with the M Project. She says that Career Trek helped her feel more comfortable talking in front of people and influenced her decision to attend College. What she's not saying is that every Tuesday and Thursday, her eyes lit up with the prospect of going to Career Trek. We are grateful for the opportunities that Career Trek provides students.

Lorna Derksen, Partner

Thank You

Funders

- The Province of Manitoba
- Winnipeg School Division
- True North Foundation

Partners

- Adolescent Parent Centre
- RB Russell Vocational School
- Technical Vocational High School
- Manitoba Institution of Trades and Technology
- The University of Manitoba
- The University of Winnipeg



**STEPS IN THE
RIGHT DIRECTION**

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EXPERIENCE ENRICH ENGAGE & CHAMPION



THE 'M' PROGRAM

'M' Program

The 'M' Program gives young women the broadest occupation-sampling experience possible, opening their eyes to a world of self-discovery, career options, and empowerment.

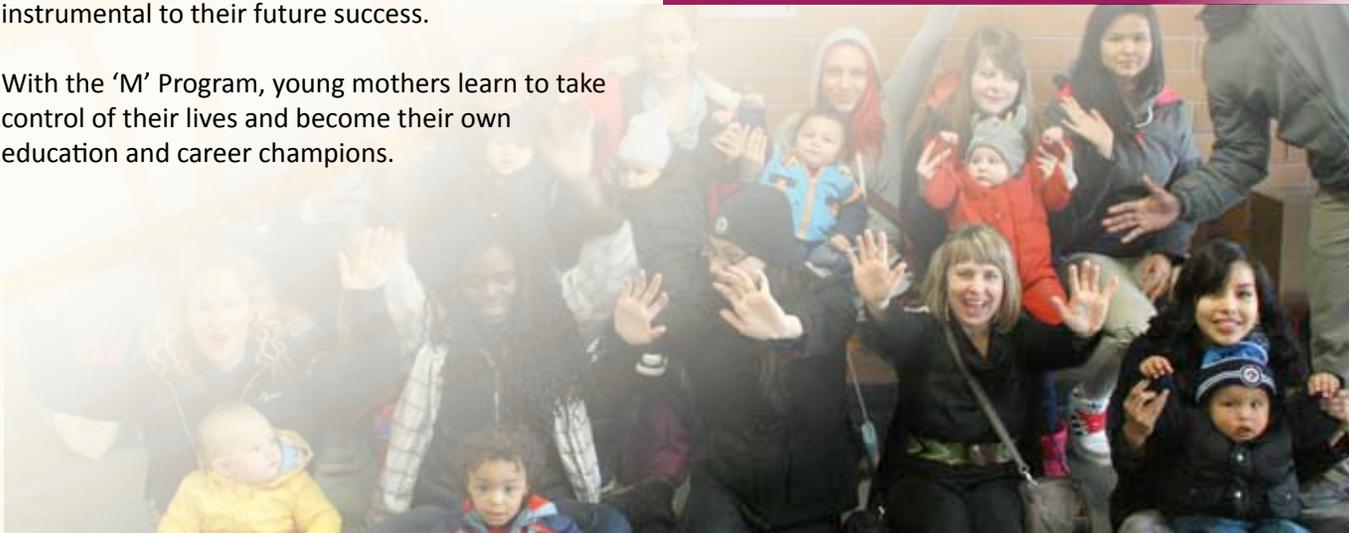
The 'M' Program is designed to assist young mothers between the ages of 14 and 21 develop the confidence, employability skills, and education and career goals that will help to forge a better life for themselves and their families.

The program is infused with a career development focus that helps young women explore and discover their likes and dislikes, helping them grasp educational opportunities and chart their career paths.

The 'M' Program helps young mothers believe in their dreams while showing them how to make them a reality.

'M' Program participants spend two-nights a week from October to May learning from post-secondary students and specialized instructors. They get hands-on experience in up to 50 different careers while learning how their current school subjects are instrumental to their future success.

With the 'M' Program, young mothers learn to take control of their lives and become their own education and career champions.



What We Do?

Participants visit the following post-secondary institutions and can experience careers like:

The University of Winnipeg

- Crime Analyst & Victim Services
- Make Up Design
- Climatologist

University of Manitoba

- Structural Engineer
- Nursing
- Social Worker

Red River College

- News Anchor and Reporter
- Sign Language Interpreter
- Medical Lab Technician

Manitoba Institute of Trades and Technology

- Pharmacy Technician
- Production Art

Note: Career options vary based on availability



Support

Career Trek provides the following supports:

- Safe transportation for participants and their families
- A healthy well-balanced meal
- Qualified and supportive child care staff
- Engaging and innovative hands-on lessons
- Career Development education that enhances personal decision making opportunities
- Graduation ceremony to recognize participants

Expectations

In order to be successful, young mothers need to be committed to the project. They are expected to maintain excellent attendance, engage in lessons, contribute to a positive learning environment, and have fun.