

The Story

In 2023, the City of Nanaimo developed the **Nanaimo Youth Resilience Strategy**, aimed at reducing future violence by offering upstream prevention and intervention programming for at-risk youth.

Current program evaluations are missing a key component: **The thoughts and opinions from youth themselves.**

Our Goal

To provide first-person accounts of how youth viewed the programs, and whether they thought the programs were meeting their needs.

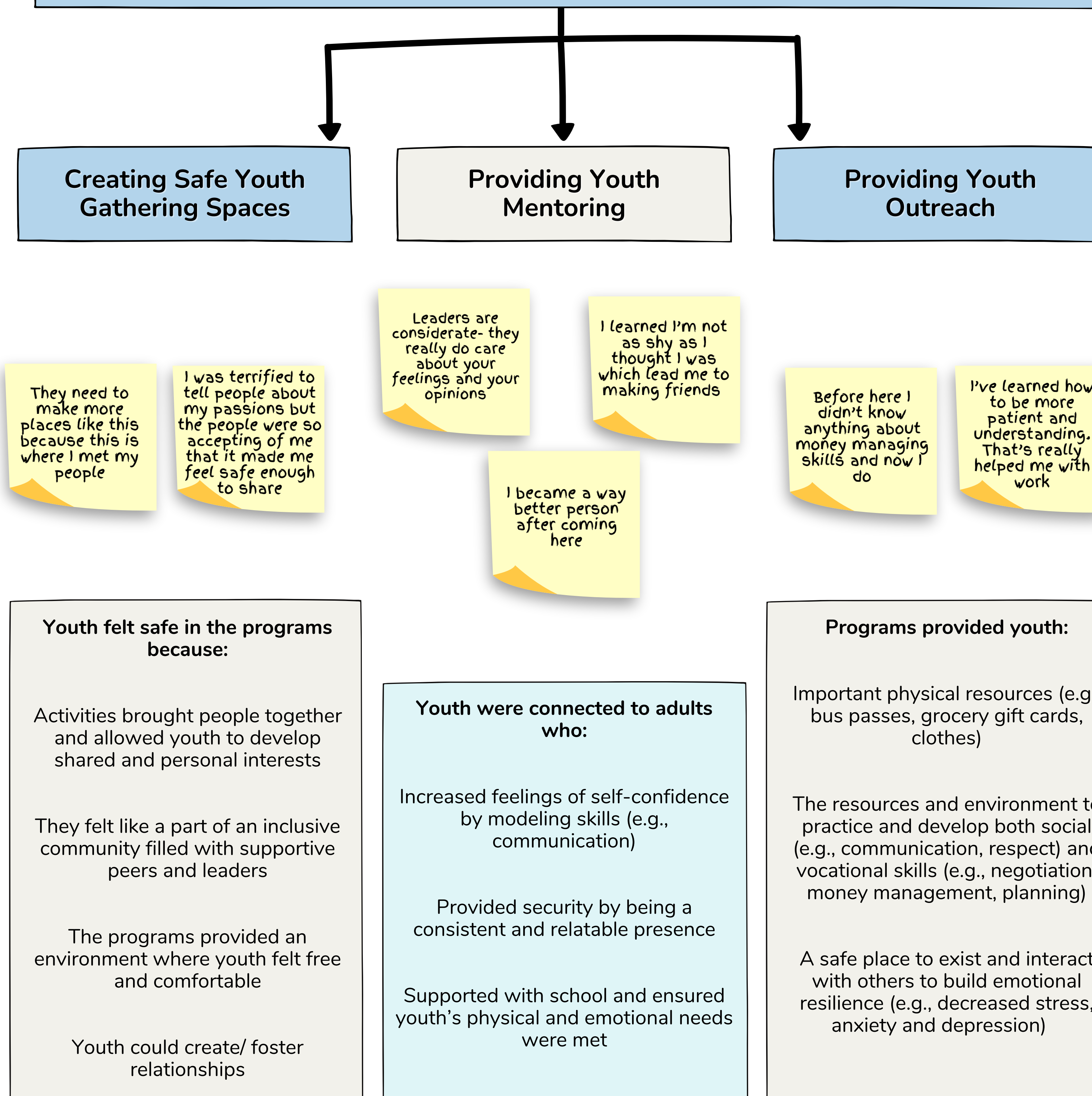
Why Focus Groups?

- Encourage sharing by allowing participation alongside peers
- Allow research to take place in a comfortable and familiar environment
- Gather detailed, in-depth information about a topic without the use of formal measures

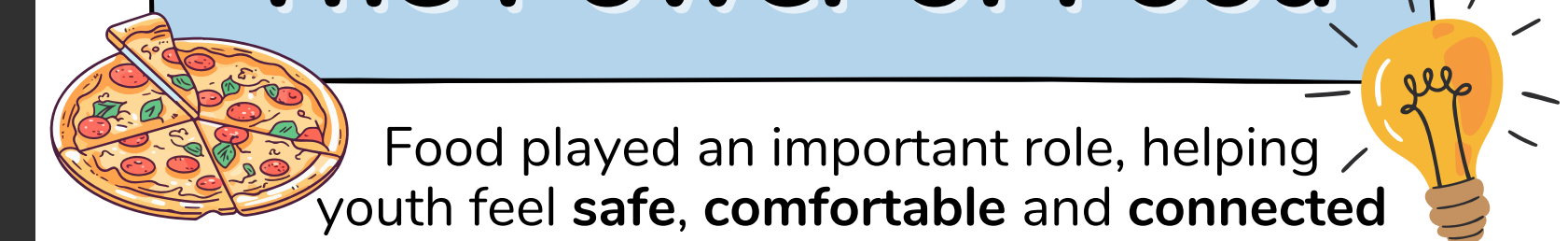
References



What Youth Had to Say about Program Goals



The Power of Food



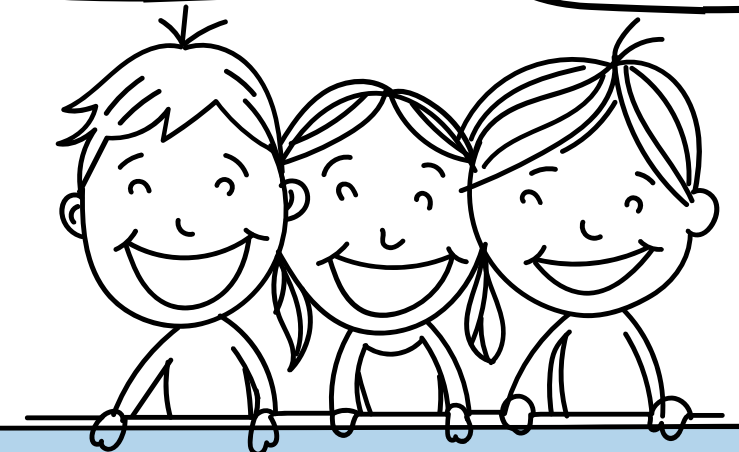
Food played an important role, helping youth feel **safe, comfortable** and **connected**

"Sometimes they bring pizza, chips, sushi, vegetables which make the program a safe place."

"Food at school has pork so I couldn't eat and was really hungry. When I went to the program after school, it provided me with food."

"Free food is one way I feel supported in the program."

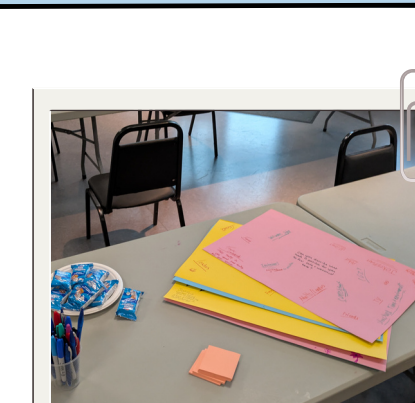
"Snacks make the program feel safe."



Event Photos



Youth Lounge



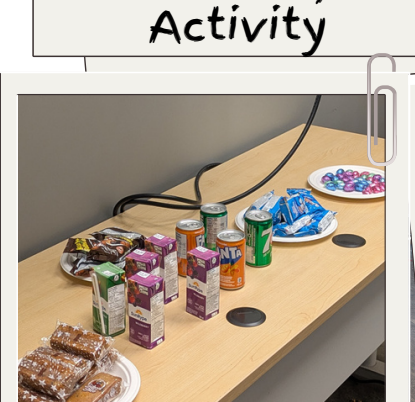
World Cafe Activity



Sticky Note Activity



Library Club



Lots of Snacks!



Focus Group Set-up

What's Next?

Results reflect a range of positive outcomes linked to program participation.

- Sharing these results may support the maintenance and development of programs for at-risk youth.