



CENTRE FOR DIVERSE WOMEN & FAMILIES

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## **Generation of Hearts**

Our “Generation of Hearts” (GOH) is a two way intergenerational mentorship project involving seniors (60+) and youth (ages 16-30) from the diverse communities. It’s about bridging the gap through positive communication, sharing experiences and offering support between volunteer mentors. The mentorship sessions will be guided by experienced coaches.

**Vision:** Bridge the gap between seniors and youth and facilitate exchange of knowledge and experience between generations.

Our key objectives for the program include:

### **Belong**

Build a personal and emotional connection with the participants.

### **Connect**

Link generations together in a program that offer social, artistic, cultural, civic and recreational experiences accessible to all.

### **Share**

Opportunity for generations to share their ideas, dreams, and stories with each other in a safe and respectful environment.

### **Learn**

Embrace our diversity in activities that break down the myths and stereotypes that result from societal separation of the generations.

### **Celebrate**

Event to celebrate the many gifts and talents of our program participants, together with the entire family and community.

As a result of this intergenerational volunteer program not only do participating seniors, younger people benefit, but this initiative will also have a positive community-wide impact as we build strong, healthy and resilient neighbourhoods with each generations caring for each other. By working together, young persons and older adults facilitate community collaboration, pooling of resources and cooperative problem-solving. All participants learn from and respect each other’s traditions, stories while learning to value and accept diverse communities and gain awareness about issues affecting multiple generations. Programs enhance the ability of both public and private agencies to meet the needs of youth and elders.

If you are interested in participating in this project please contact:

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