



A hip-hop dance program for youth, as an alternative to talk therapy, who have experienced abuse or have been exposed to family violence.

No dance experience is needed!

Child Advocacy Centre Simcoe Muskoka, in collaboration with BOOST CYAC, Drs. Jennifer Martin and Jennifer Lapum from Ryerson University and UNITY are conducting a study to: Determine if, and how, a 10-week dance program reduces feelings related to trauma among youth who have experienced abuse and/or been exposed to family violence.

WHAT'S INVOLVED:

Voluntary participation in a 10 week dance program, in Barrie, facilitated by dance instructors from UNITY and trauma staff from Child Advocacy Centre Simcoe Muskoka. The classes will focus on dance and you will not be asked to speak about your abuse. There will be about 14 to 16 youth in each class ranging in age from 11 to 17 years.

Voluntary completion of two surveys (before and after the program) about your own feelings of anxiety, anger, depression, and stress.

After the 10 week dance program is completed, you may be invited to participate in a 1:1 interview with research staff. The focus of the interview will be to understand your experience with the dance program and how and why it affected or did not affect you.

Each class we will provide YOU:

\$10
(that's \$100!!)

Bus Pass

Healthy Snack

Delicious Dinner

For more information or to register, please contact:

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