



C1 COMMUNITY FUNDRAISING - INTRODUCTION

The Take a Hike program will cost approximately \$150,000 each year to maintain and that funding will be raised by the communities impacted by the program. This community fundraising manual has been written to help assist in your annual fundraising goals. TAH wants to ensure you have the tools and training that you need to be successful!

Asking for money can be a daunting task but we are confident that local communities will rally behind this important program. **Investing in the youth of your communities is an investment in your future!**

Before we get started it is very important to review the components of the program.

The Take a Hike program is an alternative education program that engages at-risk youth through a unique combination of the following four aspects:

- **Adventure-Based Learning (ABL):** An ABL Specialist and Take a Hike staff members guide students through weekly outdoor day trips and multi-day expeditions.
- **Therapy:** The full-time clinical therapist provides the students with individual, group and family counselling. On outdoor expeditions, being in nature provides additional therapeutic benefit to students. Clinical therapists also provide annual parenting seminars in the community.
- **Academics:** At the beginning of the year, the Take a Hike staff meet with each student to assess their academic level and work with them to plan a path that leads to graduation. The outdoor trips also serve to reinforce academic lessons.
- **Community Involvement:** Every student performs weekly community service to organizations and/or individuals in the community. The purpose is to demonstrate to youth that, as members of a larger community, they have a responsibility to others and their help is needed. Valuable work experience is also gained.





take a hike
YOUTH AT RISK FOUNDATION®

Students in the Take a Hike program often do not fit into the mainstream high school system. Most students are referred to the program by school counsellors, principals, and social workers for an opportunity to make lasting change in their lives.

Since 2000, the Take a Hike program has been very successful in helping at-risk youth work through their emotional issues and addictions, and to develop confidence, teamwork, and leadership skills, and graduate.