

# A young mother's personal account

Life Management Program

**K**ara McGuigan participated in the 18-week **Life Management Program** held at the **Adventure Group** in Charlottetown. In February, she gave a confident and emotional review at the closing ceremonies of the program. Below is the account of the experience in her own words.

## Today I walk out this door knowing who I am

*by Kara McGuigan*

When 12 women gathered around one big table, the room was silent. Then a journey began that kept pushing what was within us. We were informed of our learning styles by an amazingly smart man by the name of Lloyd Mallard. He believed in us and saw our greatness. Our hearts and spirits were lifted by his presentation, and I thank him.

Our limits were pushed once we stepped onto the ROPES Course in October. We went through tires and pushed to go higher. Some people loved it, and others not so much. But in the end we all came together and were really there for each other. Support from instructors Lynn, Angela, Ray and Roxanne was so encouraging. They showed us they believed in us, and they respected our limits.

Through the parenting skills program, we got a chance to see through our children's eyes and understand their feelings. This was thanks to Roxanne and Kristen. We really did get an insight into our children's emotions and how we interact with them on a daily basis.

We had the opportunity to have our family and friends take part in our Christmas celebration. It was a chance for us to show off our children, whom we all talked about so much in the run of the program. We were able to get all dressed up, cook, and enjoy our family and friends.

Clara gave us great insight into our career paths. She helped us improve our résumés, gain confidence in ourselves, and focus on our skills. Our presentation on Essential Skills really helped open our eyes to how many skills we already possess.

Above all, we realized we are all strong beautiful women, mothers of beautiful children, and we all have the power and the ability to take our lives in the direction we choose.

So now today as we leave and go our separate ways, we know we have grown, we have become friends, and we have all succeeded.



Kara McGuigan is pictured with her daughter Eva at the closing ceremony of the Life Management Program. Family members, friends and representatives from community organizations attended the ceremony and offered congratulations. Kara is now employed at the CHANCES Inc. Family Resource Centre in Charlottetown. "I am very grateful for this chance to start a new career path," says Kara.

## About the Adventure Group and the Life Management Program

The Adventure Group works with young people and explores the gifts each young person brings to the community in which they live.

They are well known for their ROPES (Rite of Passage Experience) Program. ROPES offers participants an adventure which can be a positive life-changing experience.

Through setting up problem-solving exercises, individuals and groups tackle tough issues like inclusion, diversity, teamwork, risk, trust, communication, community and much more.

"It is important to work not only with young people, but also with parents," says **Roxanne Carter-Thompson**, Executive Director. The Adventure Group offers the Life Management Program to parents between the ages of 18 and 30. The program teaches parenting and employment skills that will help youth to take the next step in their employment plan.



For more information, contact **The Adventure Group** at 628-8668. Visit the website at [www.adventuregroupei.ca](http://www.adventuregroupei.ca)

Funding is provided by the Government of Canada's Youth Employment Strategy.