

## Quarterly Newsletter

## 1st Quarter 2016



Peer Mediation And Skills Training (PMAST) is a vibrant and responsive anti-bullying and conflict solution provider. We are committed to providing the foundation of a lasting set of skills to build positive relationships in homes, schools and communities.

### PMAST—Who we are!

For today's youth, conflict is a challenge that hinders the development of self-esteem, self-worth and a sense of belonging. When not properly addressed, the damage of conflict continues through adulthood. Research supports what we already know to be true: unresolved conflict has a serious impact on the wellbeing of a community.

PMAST is a Calgary based registered charity who has provided anti-bullying and conflict management solutions to Calgary high schools, for over 13 years, funding permitting. Our goal is to equip all youth with the ability to demonstrate conflict management skills where they live, learn and play.

What we Know:

- we have an excellent program which has the power to change lives.
- It helps youth when they are in need
- it helps them stay in school when an inability to deal with the conflict in their lives is too overwhelming.
- that building Peer Mediation Teams in schools, shifts the culture to a more peaceful, friendly and inclusive atmosphere. They have taught us "Youth Helping Youth" is far more impactful than adult intervention.
- it empowers youth to be their best.
- it helps them to build better relationships in all aspects of their lives.
- it has a ripple effect that reaches out to families and communities.

PMAST agrees that raising awareness of conflict and bullying, and providing counselling for victims, is important; but to really impact bullying and family violence with long term effects, we must be pro-active and teach youth to handle conflict throughout

their lives, before tragedies occur. PMAST programs work for the bully, the victim and the would-be bystander. Helping these kids build healthy relationship skills changes their lives and those around them for this and future generations. The program is designed for diverse ethnic, religious, and socio-economic populations, which often foster sexism, racism and cultural beliefs, increasing the risk factors in that community.

Our programs are not part of the school curriculum, but offered as a supplement. Phase I includes training school staff and parents to help them facilitate these new skills with the youth. Unfortunately, the services we have been able to offer are governed by the financial support we receive. There are always more requests for our services than we can fulfill.

In 2008 our program was adopted by the Restorative Action Program (RAP) in Saskatoon, and was augmented by adding a full-time RAP Practitioner in the school. After a very successful pilot, evaluation of our service delivery model by the University of Saskatchewan identified the recidivism rate for youth engaged in conflict and bullying behaviours was very low in high schools using our model. Due to its success, the Government of Saskatchewan provides funding through the provincial budget, working towards having this program in all Saskatchewan High Schools within the next five years.

We need to bring this program in its entirety with the full-time RAP Coordinator, back to Alberta. Cutting back on the program due to lack of funding, results in a "hit-and-run" approach which does not accomplish lasting effects. PMAST requires funding and collaborative engagement opportunities with like organizations, community leaders, educators and government agencies.

### Meet PMAST People:



**Winston Blake**  
Managing Director

PMAST was Winston's vision when he was employed by the City of Calgary, as a probation assistant in 2011. His frustration at not being able to provide his clients with new skills to handle the issues in their lives, led to the development of the first PMAST program to teach basic conflict management skills to high school students.

The program was successfully piloted in a high needs school and grew from there to meet the needs and challenges of these schools. Today PMAST programs include basic and advanced training, gender specific workshops, RAP program, building peer mediation teams and Blue Friday a one-day workshop which unites over 1000 youth to learn strategies to help eliminate bullying, hosted by 20 motivational speakers from various disciplines.

Today Winston has a reputation for his ability to motivate learning, growth and change. Whether as a conflict management practitioner, presenter, trainer, family man or active member of the community, Winston believes in promoting peace, respect and understanding.

Winston holds an Advanced Bachelor of Arts Degree from the University of Saskatchewan (1995) and a Masters in Conflict Analysis and Management from Royal Roads University (2015). He also has a certificate in Conflict Management from the Alberta Arbitration and Mediation Society (1998) and is a Chartered Mediator with the Alternative Dispute Resolution Institute of Canada (1999).

To hear our leader speak about his passion go to

<https://www.youtube.com/watch?v=H96wCjowiQY>

## RAP Comes to Alberta!

On March 14, 2016 Family & Community Support Services Association of Alberta recommended to Airdrie City Council's Community Services Advisory Board to fund the establishment of the Restorative Action Program (RAP) at W.H. Croxford High School. W.H. Croxford is a vibrant school community committed to an environment where young people feel safe and secure. This project will establish a full time Qualified Mediator/Trainer to deliver the Restorative Action Program to W.H. Croxford High School. In addition, we will provide qualified conflict management practitioners/trainers to deliver Conflict management training, Make into Men training for those who identify as male and NO MORE DRAMA training for those who identify as female. W.H. Croxford is excited to have the opportunity to receive this project, which will be offered to all young people attending the school. The project supports the mandates of the school and the Rocky View School District's proactive approach to building positive school communities.

Originally developed in Saskatoon, Saskatchewan, RAP has been adopted by nine schools and has been promoted as a province-wide initiative. RAP uses Peer Mediation And Skills Training's (PMAST) service delivery model PIR (Prevention, Intervention, and Reconnection). The service delivery model is an example of best practices as it provides conflict management training, leadership training, skills training (which focuses on developing communication, conflict, healthy choices, healthy relationships, positive school environment, empowerment, engagement, respect for others, responsibility, self-awareness, self-esteem, sense

of belonging, sense of safety, trust, and understanding/empathy). All of these components have been proven by numerous researchers to contribute to creating healthy, productive school environments and safer communities. Through this relevant, research-based program, we're working to empower young people to address conflict peer-to-peer, and to create safe places to learn and grow.

We recognize that schools are a microcosm of the community. What exists in schools also exists in the community. By using W.H. Croxford as a venue for RAP we will be accessible to young people, staff and families connected to the school community. In this project we will use the RAP program-monitoring tool designed by the University of Saskatchewan's Centre for Forensic Behavioural Science & Justice Studies to report our outcomes. Studies by the University on RAP in Saskatoon have indicated that in incidents of bullying, both the bully and those being bullied use RAP to address bullying behaviour. It has been reported that the bully has been the initiator of 10% of all mediations to deal with bullying. In addition, anecdotal information indicates that young people involved with the Restorative Action Program get along better with peers, have lasting resolution to their conflicts, and are able to move forward with their lives.

We anticipate the same or greater long term results in W.H. Croxford. Ultimately the goal is to improve the quality of life for all young people in W.H. Croxford High School and the City of Airdrie.

**Stay tuned—we're just getting started in Alberta!**

## Blue Friday - 2015:



PMAST hosts a Blue Friday event each November in a host Calgary school. Blue Friday is an all day school-wide community workshop which brings together over 1000 youth to develop awareness in relation to the impact of bullying. Individual workshops are hosted by more than 20 well qualified motivational speakers, life coaches and story tellers, from various disciplines and many volunteers who seek to build knowledge and awareness to reduce bullying and conflict. In addition, the event promotes resiliency, leadership and life skills in youth. Through these workshops, youth unite to create change and to learn strategies and each individuals responsibilities in combating bullying. By providing important life skills to deal with conflict, we can help the students become better citizens as they transition into adulthood.

Tina Merali wrote in November 2015:

*"Blue Friday took place at Forest Lawn High School over a year ago and what a wonderful experience! Over 80% of classes participated and students said they learned so much and participated in amazing activities that had a positive impact on them. I would bring Blue Friday back to Forest Lawn High School again and again because of the tremendous learning that took place. PMAST team did terrific work and the presenters were excellent."*

**A huge THANK YOU to Apache and Kiwanis Northmount for funding the November 2015 Blue Friday**

## PMASST Supporters—Make it Happen!



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www.albertaspromise.org

## What PMAST Means to Me

At the age of 12, I moved to Canada and was having a very hard time fitting in, with the language barrier. With my parents being in ESL classes themselves, it left the entire family with no finances. To say it bluntly, I was a poor immigrant who wore clothes bought at Walmart and could barely speak English. I was an easy target for bullies. By the time I got to high school, I began retaliating when I was picked on and ended up getting in a few physical confrontations for which I was reprimanded by the school. One day my guidance counsellor, with whom I had a phenomenal rapport, indicated that we had a very unique and interesting organization called PMAST that just began working with our school. They specialize in conflict resolution and she believed that this would assist me with the struggle that I was facing every day.

I still remember the first day I met Winston Blake, he seemed so confident, suave, giving off a very "cool vibe" as I called it back then. We hit it off instantly, and I was very intrigued by his demeanor, he was very calm and neutral, yet very dynamic and inspiring. Along with a few fellow students and Winston we formed a Mediation Club and things in our entire school took a turn for the better! We

were taught mediation skills and techniques, practiced different scenarios and were able to apply them at our very own school with our peers. Students who were involved in any altercations now had a choice, either face the school's punishment and be suspended or if both parties involved were truly willing to resolve their conflict, they could attend a mediation held by the members of the Mediation Club and avoid suspension upon achieving an agreeable resolution.

Being involved in such a program completely changed my high school experience, I was now a leader, someone people could confide in when they had a personal/school conflict. It allowed me to utilize mediation skill-sets in my own personal life, I was able to make friends more easily and resolve any conflict by identifying the core issues and breaking down communication barriers with my peers and teachers.

After graduating high school, I was very keen to continue my education in conflict resolution and become a fully certified Mediator. Unfortunately with my family's financial situation, I was unable to afford the program. That's when PMAST changed my life once again!

They graciously provided me with a full scholarship to attend Mount Royal University and study mediation with some of the best instructors in the country. I was the youngest individual to become a certified mediator. I learned skills that have been invaluable in my day to day life, from my personal affairs to professional endeavours.

PMAST has been a key factor in my life and I want to see other students who are in the same situation as I was, be provided the same tools to effectively resolve conflicts in their lives. I think it is crucial that we expand our program to be on a Federal level reaching all students across all provinces from the Atlantic to the West. Conflict resolution has provided me the tools to resolve any obstacle I am faced with, it taught me how to properly communicate and be effective with every task I take on, it taught me how to be successful in life!

Alex  
Stoyanov



## Current PMAST Activities Calendar

Feb	17	Conflict Management Training	Bow Valley College
	23	Make Into Men (MIM) boys 8 wk program	Calgary CBE High School
	24	No More Drama (NMD) girls 8 wk program	Calgary CBE High School
	24	PMAST at My World Conference	Calgary CBE JR HI School
	25	PMAST booth at My World Conference	Genesis Centre
Mar	3	Advanced Communication Training	Chestermere School
	9	Effective Listening	Bow Valley College
		Tickets go on sale for Raffle of Flames signed Giordano Jersey. See pmast.org for info	
	30	Tickets on sale for FUNdraiser - see attached	Blackfoot Inn
Apr	9&10	PMAST booth at Calgary Horticultural Show	Spruce Meadows
	12	Implement Pilot Restorative Action Program (RAP)	W.H.Croxford School Airdrie
May	2	PMAST FUNdraiser - see attached	Blackfoot Inn
Jul	5&6	PMAST Casino	Cash Casino - Blackfoot Trail
Aug	15	Draw for Flames jersey and golf tickets	
Aug - Sep	31 - 4	Shaw Charity Golf Classic	Canyon Meadows Golf Club

## You Can Help!

None of this is possible without our supporters and volunteers. There are a number of ways you can support us:

- Financially support our programs with donations (casino funds are quite restricted and can only be used for a percentage of specific costs; every dollar we raise allows us to use \$5-8 of casino funds, so no contribution is too small)
- Donate to our Birdies for Kids drive (see pmast.org)
- Support our fund raising events - bring Mom out for a fun night at our FUNdraiser at the Laugh Shop at Hotel Blackfoot
- Buy our raffle tickets on Giordano's signed jersey
- Be a volunteer—we are looking for Board Members
- Be a volunteer to help make our Blue Friday Workshop happen
- Volunteer to work at our casino on July 5th & 6th,

For more information on how to support PMAST go to our website at [pmast.org](http://pmast.org)

No. 001

PEER MEDIATION AND SKILLS TRAINING

*FUNdraiser*

**STAND UP FOR MOM**  
A Win-Win-Win Event

www.pmast.org  
Monday, May 2, 2016  
Doors open at 6 pm - come early to get good seats and order in

PMAST, ADRIA, KIWANIS, & more talents on stage - show time - 7 pm  
DONATION BOX Photo Shoot by Platinum Photography. Come honour your MOM

Proudly Presented by  
ZEDS Creative Content

**A NIGHT OF  
STAND UP**

The Laugh Shop, Hotel Blackfoot  
5940 Blackfoot Tr SE, Calgary, AB  
\$40.00 + \$0.0001 per laugh  
www.ZEDScc.com  
No. 001

# MONDAY MAY 2, 2016

## 10 WANNABES WALK INTO A BAR... A FUNNY THING HAPPENS!



**PMAST** is a vibrant and responsive provider of anti-bullying, conflict management & dispute resolution programs.

### SHOW YOUR SUPPORT

**TICKETS \$40 RECEIVE A \$25 TAX RECEIPT**  
[WWW.PMAST.ORG/EVENTS](http://WWW.PMAST.ORG/EVENTS) - EMAIL: [INFO@PMAST.ORG](mailto:INFO@PMAST.ORG)

**HOTEL BLACKFOOT**  
**DOORS OPEN 6:00PM SHOW 7:00PM**  
**COME EARLY AND ENJOY A MEAL BEFORE THE SHOW**  
**PHOTO BOOTH BY DONATION**

**50/50 DRAW - DOOR**

**PRIZES - RAFFLE TICKETS -**



**Kiwanis®**



## OUR BRAVE TALENT

### PMAST

Ian Swan  
Don Schapira  
Thomas Fielding  
Catherine Hunt

### ADRIA

Marjorie Munroe  
Delores Herman

### Kiwanis

Gordon Orr  
Cecil Hall

### DUDE & GODDESS

Denis Chrétien  
Merlyn Kinzie

Comic Training provided by



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