



*A school-based program by the Jessica Martel Memorial Foundation.*

**The Inspire Program supports Grades 8 and 9 students through hands-on, small-group, trauma-informed sessions that build confidence, resilience, and healthy relationships.**

Developed by the Jessica Martel Memorial Foundation in 2022, Inspire began with a girls' cohort and expanded in 2024 to include boys. The program offers extra guidance and connection for youth who need it most, while promoting healthy masculinity and positive role models.

### **Empowering Students To:**

- Build confidence and emotional resilience
- Learn practical tools for leadership and self-advocacy
- Develop stronger communication and relationship skills
- Connect with supportive adults and peers
- Strengthen their sense of community and belonging
- Grow into positive role models in and out of school

*The growth I have seen in you over the last year is amazing. You have come out of your shell and let the world see that beautiful smile and I am so thankful for it. You make me so proud to be able to say I am your mom. I love you.*

- Parent

**The Inspire Program is open to students in grades 8 & 9. Students are typically referred by school staff, counsellors, or parents and may self-nominate. For more information, please contact Four Winds Public School. [FWPS@sturgeon.ab.ca](mailto:FWPS@sturgeon.ab.ca)**



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