

For Immediate Release

“Refeel”- Across U-hub an enhancing after school program

Across U-hub is launching an enhancing after-school program that will be offered on every Thursday evening at 7:30 – 9:30 starting from May 2011.

Refeel is the program designed for the youth between age 16 - 23 with the use of interactive arts activities such as music, drama in education, teambuilding game, photography, arts and crafts and dance, to nurture youth with soft skills. The intent of “Refeel” is to motivate youth to expand their social circles, to understand one-self better and thus to build up self-confidence. Through interactive arts activities, young people have opportunities to practice public speaking, teamwork and communication skills.

Ms. Nicole Wong, executive director of Across U-hub said that, ‘ If you take into account programs focusing on soft skills training such as teamwork, public speaking skills or communication skills, there are literally hundreds of programs out there. I thought it would be better to clarify what we actually mean when we refer to social and emotional development of young people. For almost a decade, Across U-hub have created and organized over 300 programs activities benefiting thousands of young people in specific immigrant Chinese youth. Across U-hub collected experiences enough to cope with the unique challenges and needs of both Canadian and foreign-born Chinese youth.’

Ms. Maria Yau, Research Co-ordinator of Toronto District School Board, expressed that, ‘Both local born and immigrant Chinese young people are relatively weak in self-expression and social engagement, and have low self-confidence level. In response to this addressed need, Across U-hub launches a regular after school program, hoping to develop youth’s communication potentials and build up confidence in a community setting.

Across U-hub has invited Kathleen Gould Lundy, a popular speaker and education leader in teaching inclusive curriculum and the arts for more than 30 years, to conduct 7 workshops of drama in education starting May 2011. Ms. Lundy, currently course director at York University said, ‘Participants will have the opportunity to talk about how their background and experiences have influenced the way that they

see themselves living and working in contemporary Canadian society.’ The workshop will explore various aspects of identity through interactive drama game, script analysis, and group performance.

Simon Cen, visa student from Mainland China, graduated this year. He has volunteered his time in ‘Refeel’ program planning committee. He expressed that the volunteering process is rewarding. He has made real healthy changes in his lifestyle and connected with new found friendship of common interests. He also found a comfortable and trustful platform to express himself. Cen writes music sometimes. Few weeks ago he led a group of young people to express ideas through writing songs. Cen said, ‘In fact, young people do have our own ideas and voices. We just need a place to voice out. Refeel is the place.’

Refeel will be held on every Thursday 7:30pm – 9:30pm at Across U-hub. Youth of 16-23 are welcomed. For more information and registration, please visit: <http://www.acrossuhub.com> or call 905-944-1944. You can also visit Across U-hub in person. Address: Gibson Drive, Unit 1, Markham, Ontario, Canada L3R 3K1 ◦