

What Past Graduates Say

"What I learned is that college and university are a whole lot of fun! There are so many courses you can take, there are a lot of people to meet, and I can't wait to make it there. To be honest, Career Trek is what keeps me going through the school year!"

- 2015 Graduate

"I knew I wanted to go to postsecondary but didn't know when I would be able to go. I thought I might as well go now. After going to the 'M' Program I was excited to start that point of my life now. It was at the 'M' that I decided I wanted to be a nurse."

- 2016 Graduate

"This program changed my opinions and helped me change my life."

- 2015 Graduate

"I am grateful for the experience! Happy for the skills I have now and glad I have a taste of post-secondary!"

- 2017 Graduate

"It's cool to talk to people from different careers. All the careers we have tried so far make me want to career plan."

- 2017 Graduate

"I learned about different trades that I actually thought I would hate but loved and thinking of going into a trade. I learned about myself that I can talk to people."

- 2016 Graduate

"I picked out a career because of M Program."

- 2016 Graduate

To be Successful

To be successful, young mothers need to be committed to the program. You are expected to attend programming, ask questions in your lessons, and participate as a positive part of the team.

Proudly funded by:



Education Partners

Adolescent Parent Centre
Argyle Alternative High School
Elmwood High School
RB Russell Vocational School
Manitoba Institute of Trades and Technology
Red River College
The University of Manitoba
The University of Winnipeg

For More Information

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M Program

The M Program helps young mothers believe in their dreams while showing them how to make them a reality.



M Program

The M Program is designed to assist young mothers between the ages of 14 and 21 develop the confidence, employability skills, and education and career goals that will help to build a better life for themselves and their families.

The M Program gives young women the broadest occupation-sampling experience possible, opening their eyes to a world of self-discovery, career options, and empowerment.

The program is infused with a career development focus that helps young women explore and discover their likes and dislikes, expanding educational opportunities and plan their career paths.

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M Program participants spend two evenings a week from November to April learning from post-secondary students and specialized instructors. They get hands-on experience in up to 30 different careers while learning how their current school subjects are important for their future success. Participants will also learn career planning skills, prepare a resume and portfolio and learn how to access student funding to attend post-secondary.

With the M Program, young mothers learn to take control of their lives and become their own education and career champions.



What you do

Participants visit the following post-secondary institutions and can experience careers like:

The University of Winnipeg

- Athletic Therapist
- Archeologist
- Community Development Worker

University of Manitoba

- Structural Engineer
- Post-Op Nurse
- Social Worker

Red River College

- News Anchor and Reporter
- Residential Decorator
- Carpenter

Manitoba Institute of Trades and Technology

- Pharmacy Technician
- Hairstylist
- Graphic Art and Print Technician

Note: Career options may vary based on availability

Support

CareerTrek provides the following supports:

- Safe transportation for participants and their children to and from program
- A healthy, well-balanced meal
- Qualified and supportive child care staff
- Engaging and innovative hands-on lessons
- Career Development education that enhances personal decision making
- Graduation ceremony to recognize participant achievements
- Free support and registration for the Canada Learning Bond RESPs for their children

LEARN

DREAM

ACHIEVE