



SNAP® BOYS/ SNAP® GIRLS



About SNAP®

SNAP® was developed by Child Development Institute, an accredited children's mental health organization in Toronto, Ontario, Canada, in 1985 as an intervention program for boys under 12 in conflict with the law. Since then, the program has grown and evolved into an internationally recognized model for teaching troubled children and their parents effective emotion-regulation, self-control and problem-solving. Today, SNAP offers gender specific programs for children ages 6-11 and youth ages 13-17.

The primary goal of SNAP® is to keep children and youth in school and out of trouble.

SNAP is delivered internationally through licensed SNAP Affiliates. For more information, please visit www.stopnowandplan.com.

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Oak Park Neighbourhood Centre (OPNC) is a charitable organization created by the community for the community. We believe in a community where People Belong, Families are Strong, Neighbours Care and Everyone Shares. Support, Connect and Engage at the Centre. OPNC is a registered charity 85540 2244 RR0001.



Milton Community Resource Centre (MCRC) is a not-for-profit, multi-service organization that provides services to children and families of Milton, as well as professionals who work in the field of Early Childhood Education.

MCRC offers a wide range of early learning and child care programs, parent support programs and Empowerment Programs, which reflect the needs of Halton families. MCRC also offers professional development and resources for professionals working with children and families. MCRC is a registered charity 11904 1325 RR0001.

What is SNAP®?

SNAP, which stands for Stop Now And Plan, is an evidence-based cognitive-behavioural and social interactional learning program model developed by Child Development Institute (CDI). SNAP teaches children and their parents or caregivers how to manage their emotions and behaviours by utilizing strategies to stop, think and plan positive alternatives before acting impulsively.

The gender-sensitive SNAP Boys and SNAP Girls programs are designed for children ages 6-11 who have difficulty with emotion regulation and self-control and are engaging in disruptive behaviour, such as aggression, rule-breaking, bullying and/or have come into contact with authority figures at home, school or in the community. Experienced and highly-trained staff work with each family to assess challenges and problems and develop an action plan. Children and families may participate in the following components, with the goal of preventing future antisocial behaviour and reducing the chances of conflict with family, peers, and authority figures.

Funding of this program is made available through Halton Region's Building Safer Communities in Halton Grant



SNAP® Boys & SNAP® Girls Components

SNAP® Boys/SNAP® Girls Groups

Boys and girls attend gender-specific weekly group sessions for 13 weeks. They learn how to use SNAP in different situations through engaging activities including discussions, role-playing and interactive games. A variety of topics, including dealing with feelings and thoughts, bullying, avoiding trouble, apologizing and fair play are addressed.

SNAP® Parenting Group

The parent group meet at the same time as the SNAP Boys/SNAP Girls groups. Parents learn effective child management and SNAP strategies. The group also provides parents with an opportunity to make connections with other parents facing similar challenges.

Who should attend SNAP®?

Boys and girls ages 6-11 experiencing serious behavioural problems at home, at school, with persons in authority, and in the community are referred to these programs. Presenting problems may include:

- Problems with family relationships
- Physically and/or verbally aggressive behaviour
- Defiant behaviour
- Lack of self-control and problem-solving skills
- Difficulty making and keeping healthy relationships
- Stealing
- Bullying
- Vandalizing or damaging property

Program Fee

There is no fee for selected participants.

Referrals

Families, agencies, and individuals are encouraged to contact the intake team at:

Oak Park Neighbourhood Centre

Charlene Abrahams
Intake and Program Manager
905-867-6074
cabrahams@opnc.ca

Milton Community Resource Centre

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