



Thrift & Thrive: Future Leaders Internship Program

This internship has three main parts designed to help you build skills, confidence, and experience:

1. **Training & Workshops (3 sessions)** – Build skills in customer service, leadership, job readiness, and financial literacy.
2. **Mentorship Check-Ins (2 sessions)** – Chat with a mentor to set goals, get advice, and celebrate progress.
3. **Volunteer Shifts (8 shifts)** – Hands-on experience at our thrift store where you'll practice your new skills.

Together, these three pieces give you real-world experience, personalized support, and a chance to grow your confidence — while also having fun and connecting with others.

Training & Workshop Schedule

Date & Time	Location	Focus
Sat Oct 27th 2025 2:00pm - 5:30pm	Bettie Allard YMCA 555 Emerson St, Coquitlam	Thrift Store Training - Orientation - Retail & Customer Service Skills Certificate
Sat Nov 8th 2025 10:00am - 3:00pm	Bettie Allard YMCA 555 Emerson St, Coquitlam	Thrive Bootcamp - Leadership and Financial Literacy Workshops - Lunch provided
Sat Dec 6th 2025 10:00am - 2:00pm	Bettie Allard YMCA 555 Emerson St, Coquitlam	Final Workshops & Graduation - Leadership and Financial Literacy Workshops - Lunch provided - Celebration & certificates



Mentorship Check-ins

Participants will be matched with a mentor and have two sessions with them. These sessions will be 30-45 minutes and can happen either in person or through an online meeting. Mentorship sessions will be scheduled at a time that works for you and your mentor.

Session 1: Between Oct 14 - Oct 30

Session 2: Between Nov 17 - Dec 5

The purpose of these sessions is to:

- **Support your growth:** talk through how things are going in the store and in the workshops
- **Set and track goals:** identify what you want to get out of the program and check on your progress.
- **Build confidence:** practice communication, ask questions, and get encouragement.
- **Get personalized guidance:** tips for resumes, interviews, or other goals you have.
- **Celebrate wins:** recognize your successes and reflect on what you've learned.

These sessions are **for you** — a chance to ask questions, share challenges, and get extra support to make the most of your Thrift & Thrive experience.

Volunteer Shifts

Thrift & Thrive participants are expected to complete **8 shifts** at our thrift store. The shifts will be on the same day and same time each week and will happen **between Oct 4th and Dec 6th 2025**. If you need to miss a shift due to school or illness, just let us know - make up shifts can be arranged.

We will confirm your shift at the start of the program, based on your availability.

Potential shifts:

- Weekdays: 9:30am-1:00pm, 1:00pm-5:00pm, or 5:00pm - 7:30pm
- Weekends: 10:30am - 2:30pm, 2:30pm-6:30pm