



Thrift & Thrive – Eligibility Requirements

The Thrift & Thrive Internship is designed to provide youth with hands-on retail experience, leadership training, and mentorship. To make sure all participants are set up for success, we have clear eligibility criteria.

Eligible Participants Must:

Age & Location

- Be between **16–24 years old**
- Be able to commute to our thrift store: **552 Clarke Rd, Coquitlam** (SkyTrain accessible at Burquitlam Station)

Capacity to Participate

- Be able to **focus for at least 30 minutes at a time**
- Be able to **follow verbal and/or written instructions**
- Be willing to participate in **group trainings, workshops, and volunteer shifts**
- Be able to **volunteer in a retail store environment with medium to minimal one-on-one support**
- Be able to engage **safely and respectfully** with customers, staff, and peers

Commitment

- Attend **all 3 workshop days** (Sat April 11, Sat May 2, Sat May 23))
- Complete **8 weekly volunteer shifts** (same day and time each week)



Support Needs

- Youth who normally require a **support worker** may participate if their support worker attends the **workshops and all volunteer shifts** with them.
- Families are responsible for arranging and ensuring consistent support worker attendance.
- The program is **not suitable for youth requiring constant or intensive one-on-one support** that exceeds what can reasonably be accommodated in a group retail/workshop setting.

Not a Fit If...

The program may not be suitable if a youth:

- Requires **constant one-on-one support** in order to participate
- Cannot commit to attending the training sessions, mentorship check-ins, and regular shifts
- Is unable to safely engage in a **customer-facing retail environment**

Why These Requirements Matter

These criteria are in place to:

- Ensure youth are set up for **success** rather than feeling overwhelmed
- Maintain a **safe, supportive environment** for participants, staff, customers, and volunteers
- Provide youth with a **realistic retail and leadership experience** that prepares them for future employment and community opportunities