



Thrift & Thrive Internship Program

This 8-week internship has four main parts designed to help you build skills, confidence, workplace experience, and make a positive impact in your community:

1. **Workshops (4 sessions)** – Build skills in retail, leadership, communication, financial literacy, and anti-hate/antiracism.
2. **Mentorship** – Receive support and encouragement from a caring adult volunteer during each workshop.
3. **Volunteer Shifts (8 shifts)** – Gain hands-on workplace experience at Thrift & Fund while developing retail, customer service, communication, and teamwork skills.
4. **Youth-Led Community Awareness Project** – Create a project that promotes inclusion, belonging, and respect and present it at the final workshop.

Workshop Schedule

Date & Time	Location	Focus
Sat Oct 3, 2026 10:00am - 4:00pm	Bettie Allard YMCA 555 Emerson St, Coquitlam YPlayB Room	Workshop Session 1 - Welcome & Orientation - Getting to know each other - Thrift & Fund Retail Training - Meet your mentor - Goal Setting
Sat Oct 17, 2026 10:00am - 4:00pm	Bettie Allard YMCA 555 Emerson St, Coquitlam YPlayB Room	Workshop Session 2 - Anti-hate/anti-racism training (Part 1) - Leadership - Communication - Intro to Awareness Project - Project planning - Mentorship time
Sat Nov 7, 2026 10:00am - 4:00pm	Bettie Allard YMCA 555 Emerson St, Coquitlam YPlayB Room	Workshop Session 3 - Anti-hate/anti-racism training (Part 2) - Leadership - Financial Literacy - Awareness project development - Mentorship check-in



Sat Nov 28, 2026 10:00am - 4:00pm	Bettie Allard YMCA 555 Emerson St, Coquitlam YPlayB Room	Workshop Session 4 - Resume and cover letter skills - Interview skills - Reflection and next steps - Awareness project presentations - Final Mentorship time - Graduation and certificates
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Mentorship Check-ins

Throughout the program, you'll receive mentorship from a caring adult volunteer. Mentorship activities take place during each of the four workshops, so there are no additional mentorship meetings required outside of the scheduled workshop dates.

The purpose of mentorship is to:

- **Set and track goals:** identify what you want to get out of the program and reflect on your progress.
- **Build confidence:** practice communication, ask questions, and get encouragement.
- **Get personalized guidance:** talk through your goals, workplace experiences, community awareness project, career plans, or challenges you encounter during the program.
- **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 weekly volunteer shifts** at our thrift store. We'll ask for your availability and work with you to find a shift that fits your schedule. Once your shift is confirmed, you'll volunteer on the **same day and at the same time each week** throughout the program. If you need to miss a shift due to illness or an unavoidable conflict, please let us know as soon as possible. Make-up shifts can be arranged.



Youth-Led Community Awareness Project

During the internship, you'll create a project individually or with a small group that promotes inclusion, belonging, and respect in your community.

You'll begin brainstorming your project during Workshop 2, develop it during Workshop 3, and present your completed project during the final workshop.

Projects could include creative storytelling, educational materials, social media content, presentations, or other ideas developed by participants.

Successful Program Completion

To successfully complete the Thrift & Thrive Internship, participants must:

- Attend all four workshops
- Complete all 8 volunteer shifts
- Participate in mentorship activities
- Complete and present the youth-led community awareness project
- Complete required program evaluations

Participants who successfully complete the program will receive a **certificate of completion and a \$150 honorarium.**