"Transforming Community One Life at a Time"

GPS SOCIAL ENTERPRISES

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OUR MISSION:

Transform communities one life at a time.

Speaking Truth to Youth

Building Social Capital

Advancing people socially and economically
What do we do with the youth?

➤ Take them through the Power Source Program.

➤ Provide credible messengers as facilitators.

➤ Set a tone and dynamic that this is a safe place to talk about real issues.
Cognitive skill building over 13 sessions.
Teaches youth emotional regulation, resilience, and workplace readiness and success.
Helps students acquire SEL skills associated with Social-Emotional Learning Curriculum.
Evidence-based.
Robin Casarian of JoHoHeart Foundation.
Cognitive Behavioral Curriculum developed by Beth and Trauma-informed.

What is Power Source?
1. The Core Self
2. Meditation & Breathing
3. The Cycle of Risk
4. Taking Control of Anger
5. When Life's Not Fair
6. Our Friends, Our Choice
7. Drugs and Alcohol
8. Step Piping Up - Taking Responsibility for Your Life
9. Self Forgiveness & Forgiving Others
10. The Future
74% are able to take more responsibility for their actions now.

72% report they are more aware of their triggers now.

Are and the choices they make?

77% report they have greater insight into who they now.

76% of students feel more hopeful about their lives.
It helped me feel relaxed and have more coping skills.

It helped me understand that anger can be handled in plenty of ways.

They helped you get your mind straight.

It helped me meditate.

It helped me control my emotions.

And realistic facts about life.

The topics that we talked about were motivational.

It helped me with my anger.

WHAT THE KIDS SAY