



Contact

For more information on how you can support this program, contact:
Black Mental Health Canada

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LIFEMAP

Life Integration for Empowering Males After Probation/Parole



“Life Integration for Empowering Males After Probation/Parole.”

Lifemap is akin to a compass for young black youth recently released on parole or probation, helping them chart a successful path once in community. It’s not meant to be rigid or set in stone; rather, it serves as a guiding tool to help these young individuals understand their current life situation, and assess various options they can take to achieve specific goals. Lifemap is a template that not only charts recommendations but provides resources, tools and direction to navigate the journey towards successful reintegration into society. Young men take ownership of their Lifemap, enabling them to pursue self-selected, healthy goals.

Benefits of Culturally specific programming

Cultural Sensitivity

Programming must honor the cultural values, traditions, and experiences of black youth.

Racial Identity

Programming must explore the importance of racial identity development and find relevance of their heritage and history.

Life Skills And Education

Programming that focuses on teaching individuals practical life skills and knowledge necessary for daily living.

Trauma Informed Care

Programming must understand the impact of systemic racism and trauma on black youth and their day to day experiences.

Empowerment and Leadership

Programming must empower by encouraging leadership skills, civic engagement, and advocacy for social change within their communities.

The Lifemap Process

BMHC does not directly provide these programs internally, but our primary responsibility will be to establish connections with these service providers. After completing a consultation with a program coordinator, the young person will be provided a custom lifemap that will include specific timelines and logistical details, along with follow-up components. BMHC will serve as the initial point of contact for the young offender, facilitate referrals to the appropriate services, and continue to provide follow-up support as needed.

