

# SPROCKETS LEARNING COHORT

## *Elevate your practice*

Sprockets is pleased to offer a learning cohort for Saint Paul Youth Workers or new supervisors with at least 1-2 years of direct service experience. We will explore trauma, systemic oppression, mental wellness, and restorative practices, and their impact on the field of youth work.

The learning cohort aims to deepen understanding and build skills and practices rooted in inclusive identity exploration, culminating in an action project that applies the learnings to your work.

## *How to apply*


Applications accepted through December 8, 2023.  
Apply [here](#) or here:  
<https://forms.gle/AFgR9grVRqceXUyt8>

## *Facilitator*


Julie Richards  
Inquire, Decipher, Progress




## *What you will Experience*

- 
- Cohort-centered learning community
  - Intentional community of practice focused on exploring Trauma, Systemic Oppression, Mental Wellness, Restorative Practices and their intersections
  - Hands-on, interactive, experiential
  - Discussion and reflection on both session content and activities

## *How you will Benefit*

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- Build your resume and your professional network
  - \$1000 stipend
  - Multi-layered understanding of how Trauma, Systemic Oppression, Mental Wellness, and Restorative Practices impact youth and youth work
  - Tangible project that impacts your current work.

## *Your Commitments*

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- Attend monthly meetings Jan 2024 - June 2025, \*(summer 2024 schedule TBD with participants)
  - 3rd Friday each month 9am-12, beginning Jan 19th.
  - 1:1 coaching sessions and reflection interviews
  - Self-directed, completed action project

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● [www.SprocketsSaintPaul.org](http://www.SprocketsSaintPaul.org)