

# PROGRAMS

CAFNB programming focuses on the following:

**Know Boundaries** – a proactive series of topics that help youth set boundaries in their lives.

**Experience Freedom** – a reactive series of topics helping youth find freedom from their current situations.

These programs provide opportunities for “conversations” about: Dating, Sexting, Bullying, Substance Entrapments, Peer Realizations, Cannabis and more!

## Sample Conversations

This is just a sample of the conversations that CAFNB offers:

**Born to Trouble** - Identifying bullying can be a difficult task. This conversation was developed for young people preparing to work as camp counsellors, but is useful for all youth workers. “Yet man is born to trouble, as the sparks fly upward.” Job 5:7 helps us to understand the root of conflict and several other verses guide us in helping to bring peace to struggling relationships.

**Pulse of the Culture** - Social media, substance, Peer Pressure, and media choices are all topics of discussion when looking at 21st Century teens. This conversation is well suited for church groups looking for new, interactive ways to reach out to youth and understand the challenges that our teens are facing during these days. Proverbs 3:7-8 is our guide as we discover how God wants our students to live.

# ABOUT CAFNB

We are a group of Christian Men and Women in New Brunswick who are concerned for the spiritual and moral well-being of our youth.

**Christian Action Federation of New Brunswick** has been growing and changing since 1926. While much has changed, our main focus on helping young people navigate their culture empowered by Biblical principles has not changed.

We help our youth across the age spectrum find direction and encouragement for their daily challenges and experiences.



# CAFNB

We are a New Brunswick based Christian organization dedicated to helping youth strive towards their highest potential.

**Christian Action Federation of New Brunswick**  
Dr. Marsha Boyd-Mitchell, Executive Director

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WELCOME

Christian Action Federation of New Brunswick Inc.'s primary responsibility is to provide preventative education for youth around the province of New Brunswick.

The heart of our mission is to encourage young people and those who influence young people (youth leaders, school leaders, parents, grandparents etc.). The federation runs programming under the heading Know Boundaries. We want to encourage youth to live in light of Proverbs 3:7-8: "Do not be wise in your own eyes; fear the LORD and shun evil; This will bring health to your body and nourishment to your bones." We seek to encourage youth to live life pleasing to God one choice at a time.

Within our mandate to provide preventative education to youth, we have a series of programs that are designed for public schools. These presentations are founded on Biblical principles but kept within the needed boundaries for public school seminars.

Adults need to be seen and involved in sharing ways to help find the path that will offer safety, security and sanity in our topsy-turvy society.

At CAF, we welcome the opportunity to do just that.

~ Dr. Marsha Boyd-Mitchell  
Principal and Educator

## WHAT WE DO

The most popular topics in this arena are: peer pressure, media choices, substance abuse, and specific education on cannabis, fentanyl, and alcohol issues. The presentations leave opportunities for students to absorb the information and then ask questions. Middle school students often have questions about substance and elementary students have questions about social media and media choices in general.

Peer Pressure: Young people do not always understand the power of peer pressure in their lives; we start the discussion about how peer pressure works as young as Kindergarten. We have a range of peer pressure programming that runs all the way to grade 12 for public school classrooms. For church groups, we show the Biblical application to handling peer pressure using I Corinthians 10:13 as a basis. "No temptation[a] has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted[b] beyond what you can bear. But when you are tempted,[c] he

will also provide a way out so that you can endure it." Understanding some of the biblical principles to live for Christ in daily situations is very powerful in the life of a Christian young person who may be struggling.

We provide tools for Public and Christian school teachers, guidance counselors, principals, youth pastors, Sunday School teachers, pastors. Our topics now span: substance awareness /abuse, media choices, character on the internet, body image, dating, sexting, peer pressure, youth depressive disorder, media impacts, positive media application, bullying, and topics that inspire overall spiritual health from a biblical perspective. The Board of Directors for the Christian Action Federation of New Brunswick Inc. continues to be open to the Lord's leading towards topics from a biblical perspective for the purpose of education as we reach out to children, teens and youth !

## A CHALLENGE AWAITS

Available CAFNB Teaching Modules:

### iGods

Our world is changing rapidly. Digital technology has accelerated the rate of change in the 21st Century. Understanding these and other concepts surrounding our digital times helps us to build a personal philosophy. This philosophy helps us act and react with our gadgets and online capabilities - join the conversation.

### GateKeepers

Youth depressive disorder is on the rise in our culture. Youth workers and leaders are on the front lines of identifying teens that are at risk for depression, anxiety, and/or suicide. This conversation begins with looking at the warning signs and leads to an expanded gatekeeper's sphere of influence on youth.