

Youth mentors at Fitrah presented their project to the GABY committee on February 19, 2022. The Grants Advisory Board for Youth (GABY) funds projects that support and help underserved populations. The theme this year is “Youth Leading Sustainable and Equitable Education and Wellness Programs”.

Fitrah’s project was presented by lead mentor Imene Smati and youth mentor Zara Shaheen. They explained the ‘Mindset for Success’ virtual training program designed to empower foster youth. It is a training program designed by youth for youth. The series of videos in this program focus on various topics such as organization skills, having a growth mindset, tools for focusing on achieving goals, health and wellbeing and navigating the challenges of social media amongst others. One of the main objectives of this project is to provide confidence and tools for success to the individuals that Fitrah is supporting with this programme. The GABY Grant was awarded for the mentorship part of this programme.

Fitrah’s youth mentors articulated that the pandemic has increased inequalities and it is important to make equitable changes through initiatives like these. Fitrah’s strategy is to provide vulnerable youth with paid work as well as mentoring. Mentors help to strengthen and reinforce a positive mindset so that underserved youth are empowered to succeed in all of their goals in life.