

# Empowering Learners Through Language and Wellness in the Language Instruction Giving Hope to Trauma Survivors (LIGHTS) Program



## Presenters:

- Lama Al-abweh, OCELT
- Judith Herrera, CSSW

## Contact:

- lalabweh@mnlct.org | jherrera@mnlct.org
- 647-812-1332



Language training with emotional well-being activities designed for learners facing emotional, cognitive, or academic barriers

## What Makes LIGHTS Unique?

**Pressure-Free:**  
Optional activities, no homework/tests

**Small Groups:**  
Online and in-person options

**Stress-Free:**  
Individual and group wellbeing coaching

**Specialized Curriculum:**  
Individual needs

**Stigma-Free:**  
Safe and understanding environment

**Two instructors:**  
English Instructor and Wellbeing counsellor

**Cost Free:**  
Free funded program

**Flexible:**  
Customizable pace, content, and schedule

## Goals

### Emotional Wellness Goals

- Learn to manage stress
- Boost confidence, self-esteem, self-worth, and independence

### Language Goals

- Identify vocabulary to describe feelings
- Engage in simple daily conversations
- Prepare for ESL/LINC programs

### Connection Goals

- Prepare for community integration
- Access technology and community resources

## Components

### 1. Functional English

**GOAL:** Guide learners in everyday vocabulary, conversation practice, and access to resources for continuous learning

**ACTIVITIES:** Mind maps, flashcards, games, role-playing, real-life material, and technology access

### 2. Emotional Wellness

**GOAL:** Equip participants with life skills and emotional wellbeing strategies to use during and after the program

**ACTIVITIES:** Relaxation and breathing techniques, meditation, art therapy, mindfulness, grounding techniques, growth mindset, body scan, brain gym, emotional awareness, and positive affirmations.



## FUTURE

- Expand reach to more learners and create additional partnerships
- Encourage partners to adopt LIGHTS as a launching platform for newcomers