

Helping others helps us



ICAN youth make friendship bracelets for other kids in need. (Photo: Getty Images)

We instituted a service learning program. Youth work with our staff to choose projects where they go out in the community and give back to others who might also be in need.

For example, we had some veterans and active duty military representatives come talk to our kids about service – what they do, what service means. They told them that they miss their kids when they are away but that it's important for them to do this to keep all of us safe. Our youth then wrote letters of thanks to service men and women and sent those letters overseas.

We also started a "friendship coalition" with the YMCA and Boys & Girls Clubs – making and giving friendship bracelets to their youth who are in a similar situation to ICAN youth.

Our most recent project was making and decorating blankets for a local domestic violence shelter.

One of our teens helped with the project and he asked me, "Ms. Becky, do other people do stuff like this for us?" His question made me smile – the dots were connecting and the circle of gratitude began its completion. We want our kids to experience the tangible benefits of empathy and gratitude.

How to help



Becky Jackson (Photo: Lynn Dao)

How can you get involved in this program?

We are often looking for small, in-kind donations for our projects. Follow [ICAN on Facebook](#) for updates on items needed.

Or maybe you have an idea for a great project that promotes gratitude. Let us know, Call 480-821-4207 or email info@icanaz.org. We would love to hear from you.

Becky Jackson is president and CEO of ICAN: Positive Programs for Youth in Chandler.



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