

Community Centre 55  
**COUNSELLOR IN  
TRAINING PROGRAM**



**A LEADERSHIP  
TRAINING PROGRAM  
FOR MOTIVATED 13-15  
YEAR OLDS TO GAIN  
VALUABLE, ON-THE-JOB  
EXPERIENCE.**



<https://www.centre55.com/programs/counsellor-in-training-program/>

## **Program Overview**

The emphasis of the CIT Program is Experience, Leadership, Growth, and Community. The CIT Program provides opportunities and learning experiences for transitional age youth (13-15 years of age), instilling important employable skills to get them ready for tomorrow's labour market. CITs gain on-the-job experience, enjoy the excitement of a great program, and develop new skills and knowledge.

The CIT program consists of two sessions: summer camp and ongoing school year. The first segment is to be completed during the summer camp months of July and August. Our summer camp program consists of ten weeks and CITs are required to complete four weeks total. All CITs will be given the option to choose their five preferred weeks throughout the summer (do not have to be consecutive) and Centre 55 will schedule them for four of these weeks.

The second segment of the program takes place on a monthly basis, consisting of training sessions or assisting with a Centre 55 program or special event. The training sessions will help to give CITs a competitive advantage when applying for employment in the future. CITs will be actively involved in the design, development, implementation, and evaluation of the programs and events in which they are assisting.

Upon successful completion of the 3-year CIT Program, participants will receive a leadership certificate and a letter of reference.

## **Eligibility & Registration Process**

The CIT program is available to youth who meet the following requirements:

1. Applicants must be 13 to 15 years of age (Born 2011 - 2013)
2. Applicants have attended a Centre 55 camp in the past. Applicants who have not attended a Centre 55 camp may still apply and will be considered, if space permits.

### **The registration process for new CIT applicants:**

- New applicants must submit a CIT Application Form via email or in-person **by 4:00pm on April 24, 2026 to be considered**
- Invitations will be sent to new applicants to attend a CIT Selection Night on **May 4th from 4:00 to 6:00pm**. Applicants will be required to present a game, craft, or activity to their fellow applicants. Applicants will be selected based on their application form and performance at Selection Night. In general, we are looking for individuals who demonstrate maturity, creativity, enthusiasm.
- If selected into the program, new applicants must submit their CIT Program Registration Forms **by Tuesday May 26, 2026 by 4pm**.

### **The registration process for returning CITs:**

1. Returning CITs will receive a space in the program provided they have:
  - a. Met all of the requirements from the previous year
  - b. Submit CIT Program Registration Forms by **Tuesday May 26, 2026 by 4pm**, and
  - c. Attend a training session in June.

**Please note: submitting a CIT Application Form does not guarantee enrollment in the CIT program. This is a competitive program with a maximum number of participants. Applicants selected for the program will be notified by May 13, 2026.**

**The deadline for both new (once selected) & returning CIT Registration Forms is Tuesday May 26, 2026 by 4pm.**

### **Annual Cost**

\$425.00 (Includes: camp outings and transportation, admission, course fees, etc.) CITs are also required to purchase CC55 t-shirts, which must be worn every day during the summer session and when assisting with CC55 programs and events. Subsidies are not available for the CIT program. Please note this is a leadership program and therefore does not qualify for an official childcare tax receipt.

### **Program Description**

#### **Summer Session**

This intensive 4-week segment will include seminars, program design, development and implementation, problem solving, mentoring, hands-on experience working with counsellors and campers, weekly meetings during camp sessions, weekly assigned duties, weekly assessments, completion of a skills checklist, and a personalized written performance evaluation. The participants will be actively engaged in their own evaluation. Each week we will focus on a designated character attribute that will shape the weekly training session and reflection. By implementing specific attributes, we intend for CITs to be specific in their goal setting activities and work towards attaining transferrable skills that are applicable in all fields of employment.

<b>Week 1 – Communication</b>	<b>Week 5 – Team Work</b>
<b>Week 2 – Initiative</b>	<b>Week 6 – Conflict Resolution</b>
<b>Week 3 - Confidence</b>	<b>Week 7 - Leadership</b>
<b>Week 4 - Enthusiasm</b>	<b>Week 8 - Professionalism</b>

#### **Notes & Reminders**

- You will need a bathing suit and towel every day.
- Always remember to wear a hat, CC55 t-shirt and sunscreen.
- Wear appropriate footwear and bring a backpack for easy transportation of personal belongings. Bring a lunch, drinks and snacks
- Arrive at camp by no later than 9:00am every day.
- Please leave any valuables at home.
- Community Centre 55 is not a nut free facility but we do have staff/campers with severe allergies to nuts. When packing your lunch and snacks please do not pack food with nut products.

#### **School Year Session**

The school year portion of the CIT program will build upon the knowledge gained by working in the summer camp. CITs will have the opportunity to further their program skills by assisting with the planning and implementation of various community events facilitated by Community Centre 55. The training offered is what would be needed for employment at Community Centre 55. To be a successful graduate, participants must attend 75% of the training sessions.

## Training & Events

### **Year 1 Program**

September	Speaking With Confidence Pt. 1
October	Babysitting Course
November	Christmas Parade
December	Share a Christmas Program
January	Program Planning Workshop
February	Speaking with Confident Pt. 2
March	Team Building Workshop
April	Breakfast with the Easter Bunny

### **Year 2 Program**

September	Employment Preparation Part 1
October	Halloween Kids Night Out
November	Christmas Parade
December	Breakfast with Hamper & Santa
January	Employment Preparation Part 2
February	Valentine's Day Kids Night Out
March	Team Building Workshop
May	Spring Festival

### **Year 3 Program**

September	Employment Preparation Part 1
October	Halloween Kids Night Out
November	Christmas Parade
December	Breakfast with Hamper & Santa
January	Employment Preparation Part 2
February	Valentine's Day Kids Night Out
March	Team Building Workshop
April	High Five Certification
June	CIT Graduation
June	First Aid Certification

In addition to these workshops, 3rd year CITs are required to attend three additional events to mentor the 1st and 2nd year CITs. The sign-up for these events will occur in September/October. These programs are subject to change.

#### **Notes & Reminders**

- Be on time for all meetings, workshops, events and programs.
- Come prepared to participate and ready to give constructive suggestions.
- Bring a snack and lunch to all trainings and events.
- Wear clothing and footwear appropriate for the training or event.
- If you have completed any of the scheduled trainings, you are not required to attend them, but are welcome to if you choose. If you feel that you do not need to complete the training again, please bring a photocopy of the certification for our records.

## **Contact Information**

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