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REISA Special Newsletter



New Podcast Episode: How Camp LIFT is Supporting Youth

What does it really take to support perseverance among high school youth? In our latest episode of the **REISA Podcast**, we explore this question with **Jonathan Sbrollini**, co-founder and co-director of [Camp LIFT](#), a registered charity dedicated to helping young people build the habits, confidence, and resilience they need to succeed in school and beyond.

Camp LIFT's approach is rooted in a simple but powerful belief: a healthy mind in a healthy body is essential for learning. Through education, leadership development, and awareness of healthy lifestyles, their programs create supportive environments where youth can grow academically while developing self-awareness, integrity, and strong relationships.

We delve into how Camp LIFT cultivates leadership and tenacity among young people by encouraging them to acknowledge their strengths, embrace authenticity, and develop physical, mental, and emotional resilience. Jonathan also shares insights into why creating spaces that value the whole person, not just academic performance, can have a lasting impact on young people's motivation and engagement.

Whether you're a parent, educator, or community worker, this episode offers meaningful reflections on what it takes to support young people in leading their own lives with confidence and purpose.

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