



# SAFE HARBOR COHASSET COALITION

*Facing Facts, Changing Lives*

## Safe Harbor Cohasset Coalition Youth Ambassador Program

We are thrilled you've decided to join the Safe Harbor Cohasset Coalition Youth Ambassador Program. Youth Ambassadors is a program that is youth-led and facilitates lasting relationships between the youth of Cohasset, builds leadership skills, and raises awareness around health and substance-use issues affecting the Cohasset community. We aim for you to gain life skills and knowledge through projects, presentations, health education, and community service. We will provide resources and training for you to take action!

### MEET THE STAFF

This program will be youth-led with two adult facilitators to ensure projects stay on track and to act as a resource to Youth Ambassadors. The two main facilitators are Program Director, Nicole Garrity and Project Coordinator, Chris Colleran.



Hi there! My name is Nicole Garrity and I was born and raised in Londonderry, NH but spent every summer in Hull and have been living in the South Shore since 2013. I attended UMass Amherst for my undergrad in Public Health in 2013 and graduated from George Washington University in 2017 with my Masters in Public Health. I'm the Program Director for the Safe Harbor Cohasset Coalition and I'm looking forward to a successful season!



My name is Christopher (Chris) Colleran and, other than a short stint in Rhode Island, I am a lifelong Weymouth resident. I earned my Bachelor's degree in Psychology, from the UMass Dartmouth, in 2011, and earned my Master's in Public Administration from UMass Boston in 2019. I am the Project Coordinator for the Safe Harbor Cohasset Coalition and I look forward to meeting everyone!

### MEETINGS

Meetings take place every Tuesday (unless noted) from 5:00PM-6:00PM at Paul Pratt Library in the story room located in the children's section.

### WHAT TO EXPECT

The Youth Ambassador Program will have various projects and events throughout the year and, depending on your personal interests, you can partake in as many as you see fit. We aim to have each meeting be an engaging and stress-free hour, but, like with many things in life, projects and events will require practice. Some meetings will be dedicated to working on upcoming projects, where others will be dedicated to practicing presentation skills, learning informational presentations, practicing PSAs, skills, tips, and tricks for resume building, etc. A few projects include:

Presentations for the elementary school  
Planning National Prevention Week activities  
PSA videos  
Helping with the ground level cafe and teen center  
Refining mental health curriculum

Designing stickers, t-shirts, and coasters  
Organizing drug take back days  
Creating powerpoints for parents and teachers  
Developing community outreach programs

## WHAT WE EXPECT OF YOU

It is important to understand that as a Safe Harbor Youth Ambassador, you take on the responsibility of role-modeling and promoting a healthy, educated, responsible lifestyle to your peers and your community. It is expected that you'll attend at least 75% of weekly meetings throughout the school year and/or communicate absences in a timely manner, dress appropriately and professionally when representing the organization at specific events and that you will not engage in any alcohol, tobacco products, marijuana products or any other illegal drug use.

Responsibility We understand that there will be times you are unable to make meetings. All we ask is that you let us know in advance via text, call, email. To promote leadership and responsibility, we expect that these notifications will come from you and not your guardian.

Reliability Like we mentioned, there will be times where you just can't make it. However, there will be projects you're involved in where others will be relying on you to play your part. Please connect with other members if you're unable to make a meeting and plan, if necessary, to meet up with them another time to continue your work.

Respect Throughout the year, we will continuously practice and polish presentation skills, practice PSAs, and edit press releases. This is a place where mistakes can be made, and constructive criticism can be given. The goal is to empower each other to grow and improve. We expect that any feedback will be given respectfully and that mistakes will be embraced and not mocked.

Failure to meet these expectations will result in revocation of Youth Ambassador ID and rewards.

## WHO TO CONTACT

Not sure where to meet? Going to be late? Question about an upcoming project? You can text, call, or email Nicole or Chris at the information below:

Nicole Garrity  
Program Director  
781-783-5293  
[ngarrity@cohassetma.org](mailto:ngarrity@cohassetma.org)

Chris Colleran  
Project Coordinator  
339-236-2175  
[ccolleran@cohassetma.org](mailto:ccolleran@cohassetma.org)

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Student Name

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Student Signature

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Guardian Signature

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Date