

Regency Assurance has sponsored the expansion of the highly successful Youth Impact 12 Awards program, established by the Department of Youth in Nevis. Young people who have been awarded in recognition of their outstanding achievements will deliver programs that will assist with the bolstering of youth development in Nevis.



Department of Youth



THE PROGRAM AIMS TO...

- Equip young people aged 10-16 with practical, lifelong stress management techniques.
- Foster self-confidence, self-awareness, and emotional resilience.
- Promote holistic healing - mentally, physically, and emotionally.
- Create a safe, supportive space for personal growth and expression.
- Encourage healthy habits through creative activities, discussion, and reflection.



COMMUNITY GOALS

- ✓ Promote healthy coping strategies for stress in young people
- ✓ Strengthen community resilience through early intervention
- ✓ Empower young people to become confident, mindful contributors to society

GLOBAL GOALS

The Stress Free Me Program directly contributes towards the following United Nations Agenda 2030 Sustainable Development Goals.



PROGRAM CREATOR...

Miss Verna Grante is a dedicated educator with over 13 years of experience working with children. A Youth Impact 12 Awardee in Education, she is known for her creativity, passion, and deep commitment to youth development. Verna blends teaching expertise with leadership in wellness, youth advocacy, and the arts to create empowering, impactful programs like Stress Free Me.