Mission
The Youth Caring Program (YCP) helps students learn to manage stress and increase resilience to enhance mental wellness awareness, and we believe self-help skills can become a caring act for oneself and others. We educate and promote self-help skills as life-long skills for the youth to generate positive energy to lead a healthy, positive life.

“Prepare the child for the road, not the road for the child.”

Overview of Youth Caring Program
YCP aims to cultivate the wellness of oneself; strengthening resilience to turn challenges into opportunities and building a caring network in the school community. Through evidence-based in-school (offline) and online training free of charge to schools, YCP helps to build students’ ability to learn independently and encourage them to use information technology for learning while increasing the capacity of parents and teachers to support their students’ needs.
About

UpPotential

UpPotential provides culturally-adapted and research-based information, resources, and life skills training to enable individuals - regardless of age, gender, or ethnicity - to lead a healthy and constructive life.

Because we believe both physical and mental health are essential for an individual to achieve total wellness, our program features research-based stress-management programs. We advocate self-help skills and strategies, including assessment, analysis of personal profiles and lessons.

Partnerships & Supporting Organizations

UpPotential works with schools and healthcare organisations such as:

- The Hong Kong Regeneration Society
- Guangdong Nursing Education Centre
- The Hong Kong College of Mental Health Nursing
- Kiang Wu Nursing College of Macau
- Tsuen Wan Adventist Hospital
- The School of Continuing and Professional Studies—The Chinese University of Hong Kong
- Hong Kong Baptist Hospital

Schools/Educator Partnerships

To enable us to provide training, and ongoing support to schools and students, we are always looking to build our partnerships to continue to provide impactful programming to prepare the child for the road. If you are interested in partnering with UpPotential, please contact:

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