



What's New at Y4Y?



Become a Local Youth Ambassador for your region!

Y4Y is hiring LYAs in April to ensure that English-speaking youth's voices are heard during upcoming government consultations, to take place around the province this Spring. Earn money, gain experience, and represent your community.... Be the first to apply in your region of Québec!

Learn more [here](#) & submit your application through our [Google Form](#).

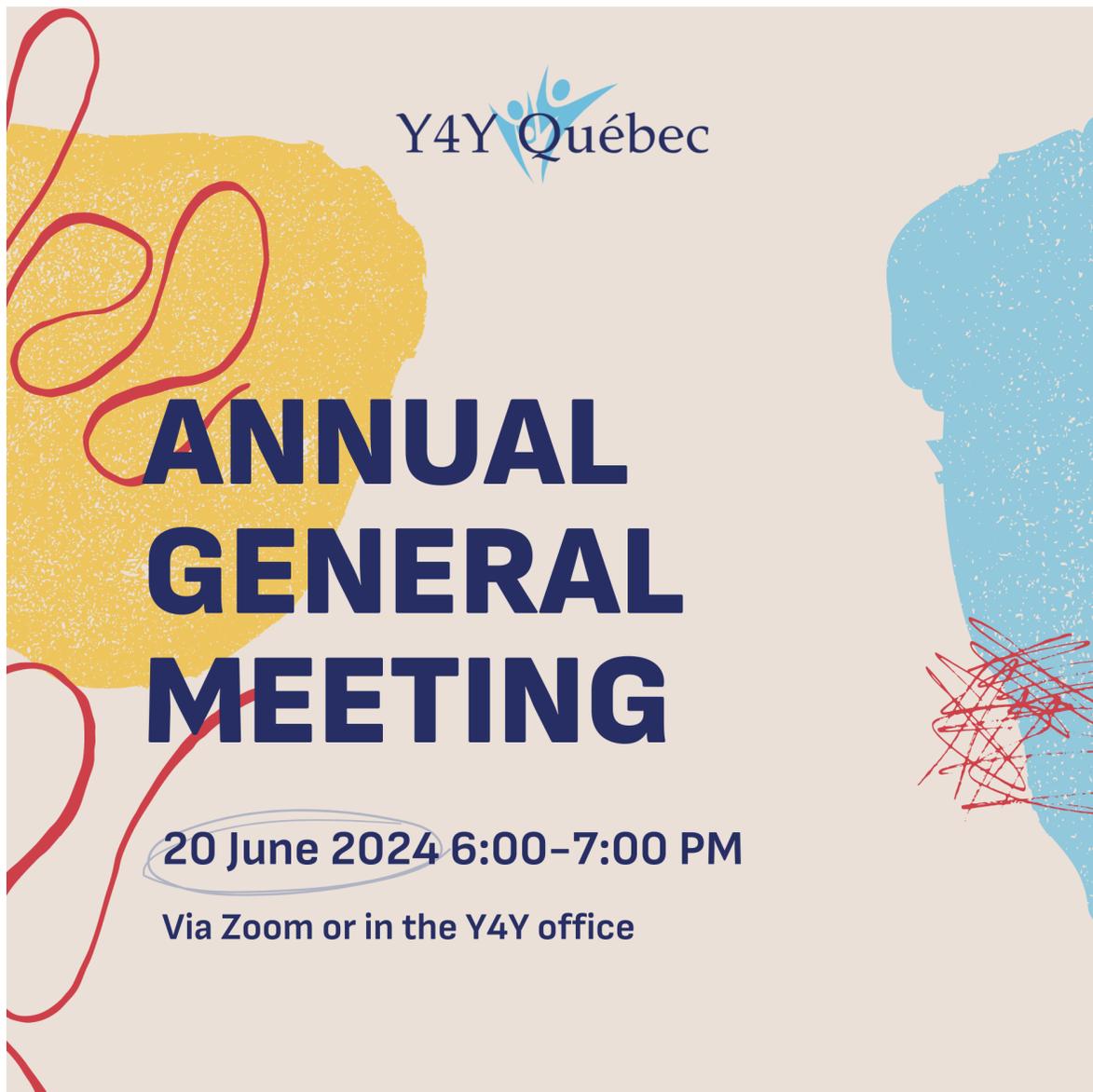


Join Y4Y's Board of Directors!

Are you a youth between the ages of 16 & 30, with the ability to devote 2-5 hours per month? Are you dedicated to Y4Y's mission and eager to contribute your skills and expertise?

Y4Y is now accepting applications (CV & a Letter of Intent) for open seats on its dynamic, diverse Board of Directors!

To apply, please submit your application to the Nomination Committee via email at nomination@y4yquebec.org.



Y4Y's Annual General Meeting
Thursday, June 20th from 6 - 7 pm

Join us virtually, or at our Montréal office, and get the full Y4Y year-in-review. It will be an opportunity to gather and acknowledge everyone's contributions to an amazing year of growth, as well as to kick off new projects and initiatives with our youth community.

Food, drinks and refreshments will be available at the office event!

RSVP [here](#).



All My Relations: Meeting Grounds Workshop

On 🇨🇦 Thursday April 18th from 1:00 to 3:00 pm on Zoom, the Students Commission of Canada will provide a workshop that aims to foster understanding across difference, examining Indigenous and Newcomer experiences across Canada's provinces and territories. In this workshop, we will explore Indigenous history, Newcomer reality, and the diverse cultures shaping Canada today. In addition, we will highlight themes such as the concept of home, the richness of cultural diversity within Canada, and the impact of disconnection from one's community. Finally, we will discuss strategies for reconnecting with one's heritage and roots through the sharing of music, dance, visual art, and cultural practices. 💡

Register for the workshop [here](#).



Y4Y's 7th Annual Youth Forum: a memorable day!

Over 30 youth panellists and 150+ guests joined the Y4Y team on March 15th to exchange ideas and propose solutions about the issues facing English-speaking youth. The important viewpoints shared during the panels will inform Y4Y's work in 2024-25 and beyond.

Presentations from Y4Y, [OCOL](#), [INM](#), [Apathy is Boring](#), the [Bishop's Forum](#) and [Elections Canada](#) ensured that the day was informative and engaging. Thanks to all those who travelled to attend, particularly the Phelps Helps Youth Committee and the students from 3 Rivers Academy, class of 2024! Cheers & see you next year!

Daybreak's Sean Henry spoke with Adrienne prior to the Forum.

Take a listen [here](#).



Y4Y in The Gaspé

Y4Y's Alex Pettem consulted with students at [Cégep de la Gaspésie et des Îles](#) & Gaspé Polyvalent high school about the challenges they face in their region.

Issues with transit options, mental healthcare access in English, and a lack of fun activities were all front of mind. The CEGEP students painted their hopes and concerns for the year, and they had their art showcased at Y4Y's Youth Forum!



“My City, My Voice” with the Maasai Mentoring Group

Y4Y assisted [Éducaloi](#) in putting on their fourth and final instalment of “My City, My Voice” with the Maasai Mentoring Group. This workshop aims to equip BIPOC youth with ways to contact their city officials and make their voices heard. A big thank you to the Maasai coordinator Svens, as well as all youth present (not all pictured!).



Y4Y Membership

Do you support our mission and the work we do within the community?

Join a group of movers and shakers mobilised around elevating youth voices and strengthening civic engagement.

To find out more, or to sign up, visit our [Membership page](#).



Volunteer with Y4Y

Y4Y is always looking to expand its volunteer team and that's why we need you!

Looking for an opportunity to create change in your community?

Check out Y4Y's new & improved Volunteer Program!

To learn more about our volunteer opportunities and incentives, visit our [Volunteer page](#).

To sign up to be a volunteer, fill out this [form](#).

In the Community



A Free Digital Platform to Learn French & English

Mauril is a free digital platform that helps teach French and English through diverse, engaging, and enjoyable content sourced from CBC/Radio-Canada.

Be sure to check out and refer your friends to CBC's collaborative project.

Read more [here](#).

Regulating Emotions

An in-person workshop

If you care about someone with BPD or who has trouble regulating their emotions this workshop is for you!

Register now!
amiquebec.org/emotions



Sunday, April 7, 2024
10am-12pm
At the AMI office
5800 boul. Decarie, Montreal

amiquébec
Allié.e.s en santé mentale
Allies in mental health

Regulating Emotions Workshop

Do you care for someone that has Borderline Personality Disorder (BPD) or has difficulty regulating their emotions?

If so, [AMI-Québec](#)'s Regulating Emotions Workshop can help! 🧑

This workshop will take place on  Sunday, April 7th from 10 am to 12 pm at the AMI-Québec offices.

Sign up to attend [here](#).

If you haven't yet, connect with us on:

[Facebook](#), [Instagram](#), [LinkedIn](#), [TikTok](#), & [YouTube](#) to stay in the loop!

Y4Y Québec is funded by



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