



Is there something in your community that you would like to change? Do you want to help identify the issues facing English-speaking youth?

Youth 4 Youth is here to help! Email [info@y4yquebec.org](mailto:info@y4yquebec.org) to join your regional Y4Y chapter and to tell us about the issues you care about.

Would you like to volunteer in another way? Tell us [here!](#)

No time? Donate [here!](#)

## **Community outreach in Abitibi-Témiscamingue**



Kelly visited Golden Valley high school in Abitibi-Témiscamingue with our community partners Vanessa and Laurie from Neighbors Association to hold a youth consultation with the local English-speaking youth. We wish to hear from the most diverse sets of voices as possible.

## **Community outreach in Quebec City**



Kelly collected feedback at Cegep Champlain Saint-Lawrence to hear about what flag design would make the English-speaking student body feel most represented. Want to have your own say? Click [here!](#)



Quebec High School students also participated in the consultations with a group of Sec 5 students at Quebec High School to ask the same question - and to have an ice cream sundae party!

## **Woke Wellness: Healing Black Minds**



Adrienne and Mise represented Y4Y Quebec at Project Woke's event to show our support and partnership, and met with the impressive young interns who are working hard to create and take on new leadership roles in their community. Learn more about the event [here](#).

## **Maddy at John Abbott CEGEP**



Y4Y Quebec Director Maddy Lawler spoke with the first year Honours Social Science students at John Abbott College about [Y4Y's 3rd annual youth engagement forum and the symbolism project](#). We're regularly visiting all of the English Cegeps so that new cohorts can become acquainted with Y4Y Quebec and join the organization as members or volunteers.

## Trivia Night



On a blustery night, the Y4Y team hosted a Flag Trivia Night at La Poubelle Magnifique on Crescent, where we had a blast meeting local Montreal youth. Congrats to our winners Keenan and Matthew!

## **Outaouais regional chapter**



Y4Y is proud to announce that we have established our Outaouais Regional Chapter. Pictured is their first event - Skating on the Rideau Canal! We can't wait to see what our new executive committee will accomplish! Interested in joining a regional committee? Email us at [info@y4yquebec.org](mailto:info@y4yquebec.org)! Check out our website as we will soon be uploading a list of all our active committees.

## **Institut du Nouveau Monde**





Y4Y had a great time at the Institut du Nouveau Monde's École d'Hiver 2020! We were able to meet with youth from across the province to bring awareness to Y4Y Quebec and the Symbolism Project!

## Canadian Roots Exchange



From Misé - "We attended various workshops and listened to a number of incredible speakers including Mumilaaq Qaqqaq and Nigel Adams himself! Personally, I've come away with a deeper understanding of the state of indigenous/non-indigenous relations and have a better idea of how to be an ally in more respectful and productive ways. We also spread the word about [Project Aliana](#) which was well received and made contacts with new supporters."

## **Announcement for Healing Workshop in Kangiqsujaq**



FOR IMMEDIATE RELEASE

Feb 24, 2020

**Y4Y Quebec announces program for healing workshop in Nunavik: local youth building community and celebrating culture in Northern Quebec**

As part of a new pilot project in support of mental health and wellness for Inuit youth of Nunavik in Northern Quebec, Y4Y Quebec volunteers will be hosting a two day healing workshop in Kangiqsujaq - a small community that has been hit with a devastatingly high number of suicides among youth over the past couple years. Co-created by Nigel Adams - a determined Y4Y Quebec member and Inuk youth artist and first responder, Project Aliana is both directed by and created for Inuit youth to raise awareness on suicide, provide a platform for creativity, and inspire community connection through youth leadership. Since his brother's tragic death in 2018, Nigel has made it his mission to connect with his peers by traveling Canada to advocate for help in the north by sharing his personal story of how the suicide crisis is debilitating his community and culture. The healing workshop will take place on March 28-29 in Kangiqsujaq, Quebec and will engage local youth through workshops on suicide prevention, creative expression, communication and leadership.

"The committee members from Nunavik have recruited elders, throat singers, bead artists and health professionals to participate in the healing workshop. I'm glad that the youth of this community have been given a platform to address the issues that are important to them", said Y4Y Quebec President Malcolm Lewis-Richmond.

"I started Aliana to inspire my fellow Inuit to heal. Too often we're told to hide our emotions. This is going to be a community healing process that I want to build with my peers" said Nigel Adams. Aliana founder and committee leader

# Media Coverage of our Flag Initiative



Kelly and David-Roger were on the Magdalen Islands' CFIM radio talking flags and identity. Click [here](#) to check out their segment!

## Upcoming Community Activities

### Les Rencontres Maîtres chez vous

**March 21 at 1255 Rue Jeanne-Mance, Montreal**

Les Rencontres offers the opportunity, through a series of panels and conferences, to discuss the defining political events of 2019 with journalists, politicians and influential figures. Don't miss out!

Interested in joining the Y4Y contingent of English-speaking youth at this event? Send us an email at [alex.pettem@y4yquebec.org](mailto:alex.pettem@y4yquebec.org) as soon as possible.

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# Canada

Y4Y Quebec

<http://join.y4yquebec.org/>

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