
June 2020 Newsletter & Upcoming Events



Friend --

The Y4Y Québec Team hopes this newsletter finds you well. With 2020 now halfway through, we can safely say that this has been a tumultuous year. Amidst these highs and lows, we would like to share with you some of what's been going on at Y4Y, and promote some events you might find of interest.

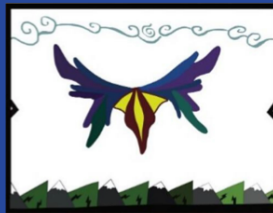
We encourage youth from across the province to weigh in on our Slack channel, whether it be on issues related to mental health, COVID-19, volunteer opportunities, etc!

**Join Y4Y's Slack
Channel**

Are you an English-Speaking Quebecer?

CHOOSE YOUR FLAG

Which design best represents our community?



Vote @ y4yquebec.org

Funded by the
Government
of Canada

Canada

[Vote Here](#)

Mental Health Consultation

Y4Y Qc and AMI Qc Present

ENGLISH-SPEAKING YOUTH AND COVID-19: MENTAL HEALTH, MEDIA MADNESS, AND THE "NEW NORMAL"

Québec

amiquébec
Agir contre la maladie mentale
Action on mental illness

Canada

On June 2nd, 56 youth and community leaders from across the province gathered on Zoom to discuss the "new normal"

state of mental health. Led by professionals from Ami-Quebec, participants had the opportunity to come together to talk about some of the mental health challenges that many currently face and ways to manage them. Thanks to our special guests from the Prime Minister's Youth Council: Brooks Roche, Nancy Mitchell and Conor McIsaac! Check y4yquebec.org for updates on our next consultation.

Free Mental Healthcare!

Call for Free Mental Healthcare in Québec

The mental wellness of Quebecers is inextricably linked to their ability to cope with life's everyday stressors, work productively, and make positive contributions to their communities. We call on the government of Québec to make Mental Healthcare a priority, and include it as part of our medicare package.



Add your Voice

Write-to-Win Contest Winners



Clayton Symon



Johana Sava



Javier Armando Porras Gil

We'd like to thank all of our participants, and remind you to keep following our social media for new contests!

[Read their Stories](#)

Call for Indigenous youth Participants in Project Aliana's Mental Health Awareness Video



From left to right: Nigel Adams, Aibillie Idlout, Leena Yeates, Vittujia Tarqiapik

Are you an Indigenous youth working for change in your community? We want to hear from you! We are looking for individuals interested in sharing their perspective on mental health, obstacles in their communities and their hopes for the future of Indigenous youth across Quebec. If you would like to get involved, please email to project.aliانا@y4yquebec.org

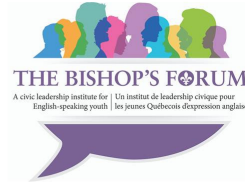
Aliana is a pilot initiative committed to addressing mental health and healing for Indigenous youth across the province.

Upcoming Activities:

Bishops Forum

Saturday, August 8 - Tuesday, August 11

VIRTUAL BISHOP'S FORUM



Director Yolande James welcomes English-speaking youth from across the province for interactive, online sessions on the topics that matter most to YOU!

What will YOUR Bishop's Forum experience be?

- Become empowered to lead change
- Meet fellow Quebecers who will positively challenge you
- Engage with inspiring guest speakers and expand your network

Register now for the Virtual Bishop's Forum at bishopsforum.ubishops.ca.

Y4Y Québec is a proud partner of the 2020 Virtual Bishop's Forum

[Register Here](#)

Institut du Nouveau Monde's Summer School

J'aimerais contribuer au Québec de demain...

(Re)
connexion
l'École d'été numérique de l'INM

Inscris-toi à l'École d'été
100% numérique de l'INM!

Profil plaidoyer : Le virus qui fait trembler les démocraties

(Du mardi 21 juillet au jeudi 13 août)

This is the 3rd year that Y4Y will be supporting an English-speaking youth delegation to attend the INM's civic engagement activities. Interested? Email info@y4yquebec.org by July 13th to reserve a spot! *Applicants must be between the ages of 18-30 to be eligible for the delegation.*

[Register Here](#)

Thank you, once again, and from the entire Y4Y Team, be safe.

Malcolm Lewis-Richmond / President

Adrienne Winrow / Executive Director

Y4Y Québec is funded by Canadian Heritage, the Secrétariat aux relations avec les québécois d'expression anglaise (SRQEA), the Secrétariat à la jeunesse, and the Canada Summer jobs program.



Y4Y Quebec

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

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