



Y4Y is excited to announce that we've been hard at work preparing for our 5<sup>th</sup> Annual Youth Forum!

We had hoped to return to an in-person event – however, COVID-19 had different plans for us.



### What's the 5<sup>th</sup> Annual Youth Forum About?

Our Forum will engage with English-speaking youth from across the province through activities and conversations about issues this demographic deems most relevant: **mental health, climate change, and community involvement.**

Share your thoughts, ideas, and concerns with other youth from across the province.

Join us on **March 19th, at 10:00 a.m.!**

**[Register here](#)**



**Youth Participants who stay for the entire event will receive 30\$ gift vouchers to Chapters/Indigo or UberEats!**

When you register, you will choose one workshop and one break time entertainment to participate in.

**Workshop Options**



**Connecting Communities:  
Youth from Across Québec**

Engage with Y4Y's Youth Cultural Ambassadors **about their experiences as English-Speaking Québécois and their sense of belonging.** Learn about

their work on Y4Y's Belonging Project and how it impacted youth in each participating community - the Outaouais, the Laurentians, the Capitale-Nationale, Gaspé-les-Iles, the Eastern Townships, the North Shore, and Montréal. Part 2 of the session will be hosted by a special guest speaker, who will share their perspectives on diversity and inclusion in the Québec context.

Visit our socials to find out who this guest speaker will be!

[Facebook](#), [Instagram](#), [Twitter](#), [LinkedIn](#)



### **Help! Accessing Mental Healthcare for Youth**

Meet English-speaking, front-line mental health professionals from across Québec, who will facilitate a discussion on the **services currently available to youth**. Community organizers, including the [CHSSN](#), [Vent Over Tea](#), and [AMI-Quebec](#), will be present to answer all of your questions. This workshop concludes with a short group activity, teaching you how to create your own peer-support group.

# SEEKING EMPLOYMENT?

*Get the inside scoop from an HR Civil Servant to secure a position with the Federal Government.*



## Landing a Job with the Federal Government:

### Information Session on Full-time, Part-time, and Student Jobs

Are you a student or recent graduate seeking employment? **Get the inside scoop from a civil servant in human resources to secure a position with the federal government.** This information session will cover part-time, full-time, student jobs, summer jobs and internships!

**With You  
in Mind**



## With You in Mind - Art Therapy Workshop

Join this interactive, one hour art therapy workshop with an expert art therapist from English-speaking Québec. **Spaces are limited!**

Each registrant will be mailed a **free art kit** prior to the Youth Forum to use during the session. **Deadline to register is March 2<sup>nd</sup>.**



**"Saving the Planet: What's Québec Doing?" - Green Policy Workshop**

What is our province doing to address the climate crisis?

Get answers and demand action in this workshop designed for those who want to know where we're headed as a province when it comes to environmental policy. **Submit your questions in advance to [alex.pettem@y4yquebec.org](mailto:alex.pettem@y4yquebec.org) and make sure your concerns are addressed by the decision-makers themselves.**

Benoit Charette, the *CAQ Minister of the Environment and the Fight Against Climate Change*, will be speaking at this workshop!



**Community Consultation:**

**Your Strategic Plan for English-speaking Youth in Québec!**

Register to receive your copy of Y4Y's Strategic Plan to review before this

session. Bring your suggestions for improving and expanding upon it.  
**Contribute to positive change in your community!** This workshop concludes  
with a special guest speaker.

Check out our socials to find out who this surprise guest will be!

[Facebook](#), [Instagram](#), [Twitter](#), [LinkedIn](#)

### **Break Time Entertainment Options**



#### **Live Performance by Jazz Pianist, Bryan Li**

You won't want to miss this live show by Bryan Li, the keyboard player in a local Electro-Jazz-Funk band called Ultrafox. He will be performing two original compositions from his upcoming EP titled "I'm Not Home". Born in Hong Kong, Bryan is a pianist and composer in his final year of Jazz Studies at Concordia.



### Yoga with Claudia Cavaliere

Take a deep breath in, exhale gently. Be blessed with love and surround yourself with light! Choose this breaktime activity for the opportunity to join a 15-minute guided meditation. Claudia Cavaliere has been practicing a holistic approach to wellness for over 6 years. She created the [Cosmic Healing House](#) where people can learn about spiritual practices and alternative ways to heal. Wellness is not linear; what works for someone might not for others, which is why her approach is gentle, unique, and sure to make you feel cosmic and connected with yourself! You are the master of your body. Turn within and listen to yourself.



### Magic Show with Wij Siva

A unique blend of illusion and humour from the comfort of your couch! [Magic](#)

Wij is the real deal; he's a full-time professional magician with over 20 years in the game. His performances have taken him across the world, from Malaysia, to Brazil, Germany, and further yet.

### Optional Evening Activity



#### ***Queer Reading Series***

Those who express interest in attending a live show at the Centaur Theatre will be eligible for a draw to win 2 tickets for the *Queer Reading Series* for the March 19<sup>th</sup> evening performance of ***Scorpio Moon***. This "two-hander" queer story about the intersections between race and LGBTQ identity was created by National Theatre School of Canada Playwright **Adjani Poirier**. It is a co-production of Playwright's Workshop Montreal's **Young Creators Unit** and Montréal's **Centaur Theatre**.





**For All You Tea Lovers Out There**

David's Tea has graciously offered to give away certain products of theirs to a lucky forum participant. All attendees will have a chance to win a prize at our raffle!

**Stay tuned for more upcoming prizes.**



We send our gratitude to our funders without whom this Forum would not be possible.

**You haven't registered yet?**

**[Click here](#)**

Connect with us on:

**[Facebook](#), [Instagram](#), [Twitter](#), [LinkedIn](#)** to stay in the loop!

*Y4Y Québec is funded by the governments of Québec and Canada.*

Y4Y Québec

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

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