



What's New at Y4Y?

Y4Y's 7th Annual Youth Forum

March 15, 2024



inform

empower

engage



7th Annual Youth Forum

Are you ready for a day of inspiration, insight, and connections? Look no further! Y4Y Québec proudly presents our Annual Youth Forum, a dynamic event designed exclusively for Québec's English-speaking 16 to 30 year old youth. Immerse yourself in a day dedicated to exploring current issues in education, civic engagement, and job-readiness.

Click [here](#) for more information & registration.



Youth on Boards (Winter 2024 Cohort)

Interested in learning about nonprofit governance and becoming a board member yourself? The [Youth on Boards](#) program is tailored just for you! The training will take place in-person at the Y4Y offices on February 10th and 11th, 2024, offered for **free** to any interested youth from across Québec.

Fill out the expression of interest form [here](#) to participate.



**Public Service Job Opportunity
Info Session 2024**

February 7th
6 pm to 7:30 pm *on Zoom*

In partnership with:



Public Service Job Opportunity Info Session

Wondering how to apply for a job in the Canadian public service?

🤝 Y4Y has you covered.

We are partnering with an HR representative to help you learn about opportunities and how to apply for these jobs 📄 Join us on 📅 February

7th at 6 pm to learn more!

Sign up [here](#).
Registration required.



Digital Dilemma: The Impact of Excessive Screen Time on Young Individuals' Development

Policy Brief

New Publication
Digital Dilemma: The Impact of Excessive Screen Time on Young Individuals' Development

Did you know that excessive screen time impacts your concentration, language development, and social interactions? Our latest policy brief explores the impact of excessive screen time on youth, addictive algorithms on social media, as well as the need for informed interventions and further research regarding the digital era.

Read more [here](#).



Check out our English-Language Mental Health Resource List!

Looking for mental health resources in Québec?
Good news! We have curated resources on our website, available
province-wide and tailored to specific regions. 🗝️

Check them out [here](#).



Do Good, Feel Good! 💜

In “Do Good, Feed Good!”, Y4Y’s Financial Wellness Liaison, Bon, discusses how one can achieve financial and emotional wellness through acts of kindness and community engagement. Bon interviewed various community members, who provided valuable recommendations on what we can all do to spread kindness around us! 🌟

Check out the magazine [here](#).

WELLNESS
LIAISONS

New Blog Posts!
By Y4Y's Wellness
Liaisons!

**5 Things to Do to
Be More Relaxed**
By Becaye Baldé

**Winter Wellness
on a Dime**
By Abbigail Whitcher

Hear from Y4Y's Wellness Liaisons!

Feeling stressed? Need ideas on how to relax, or about the latest affordable winter activities in Montréal? 🏆❄️🧊 Our Wellness Liaisons, Abby and Becaye, have input for you! ❤️

Check out their blogs [here](#).



Join our Membership,

lead the way.



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 a volunteering opportunity or a chance 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](#).

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

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

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