



We hope you and your loved ones are well and healthy!

Here's a roundup of what's on the horizon at Y4Y. We have some exciting updates to share with YOU!

Upcoming Events



SAY LA VIE Podcast

Episode 4

April 28, 2021

Mark your calendars for **April 28th** - SAY LA VIE is back! Sam and Milla, a former intern at Y4Y, engage in a conversation about how COVID-19 has impacted the mental well-being and livelihood of our generation. They talk about the Katniss Generation and the recent anti-curfew riots. Featuring music from local band The Chris George Project, you won't want to miss this one!

Keep an eye out for it on our social media accounts!

Online Lunch Launch

May 5, 2021 at 12 pm

Come have lunch with Sam at SAY LA VIE's Online Lunch Launch on **May 5th**!

Included will be performances from talented Québécois youth and presentations by inspiring guests that are tackling issues that challenge English-speaking youth across our province. As a bonus, Sam will be cooking a community-chosen lunch recipe! Stay tuned!

News

PSSP

Priority-Setting Summit Project

We are hiring!
Youth Advisory Committee
members

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Y4Y is Hiring:

Youth Advisory Committee Members

We are looking for new members to join our Youth Advisory Committee for the **Priority-Setting Summit Project**'s Year 2! If you are an English-speaking youth from Québec between the ages of 16 and 30 and want to join our awesome team, this job is for you! Click [here](#) for more details.



Volunteer Program

Are YOU interested in arts, culture, event planning, or fundraising campaigns?

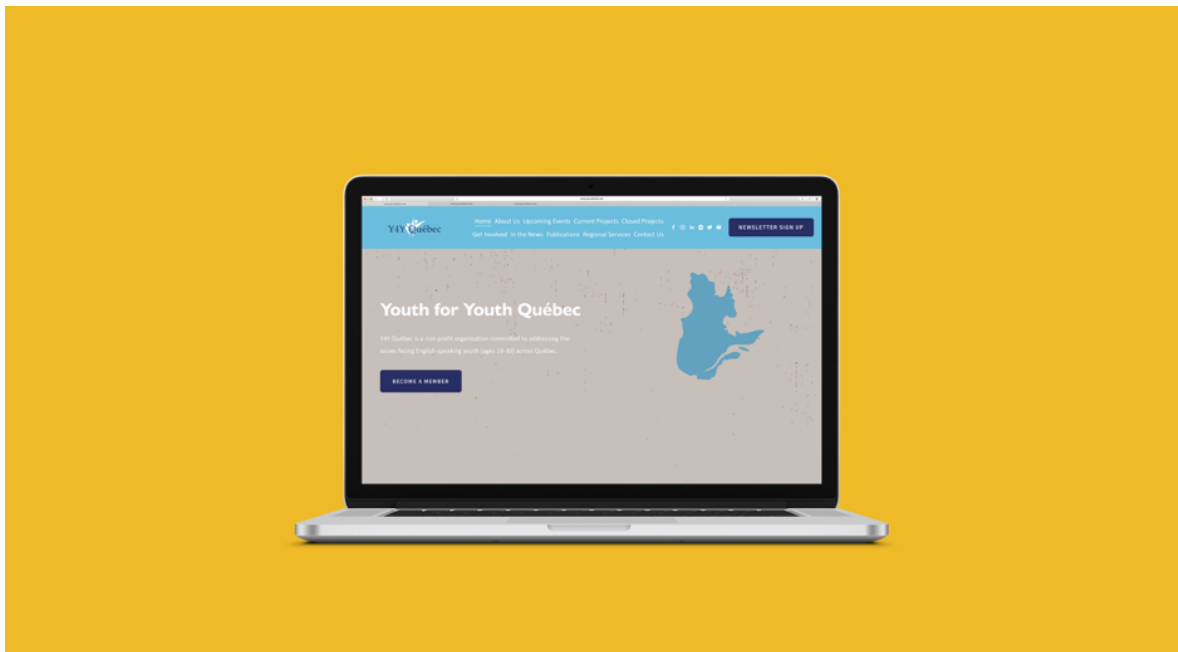
We are currently looking for volunteers to join our Arts & Culture, Regional Table, and Fundraising & Membership Committees.

To find out more, visit [our committees' page](#).



NVW2021

National Volunteer Week is an opportunity to celebrate and thank our volunteers for their enthusiasm and hard work— without them, Y4Y would not be where it is today.



New Y4Y Website

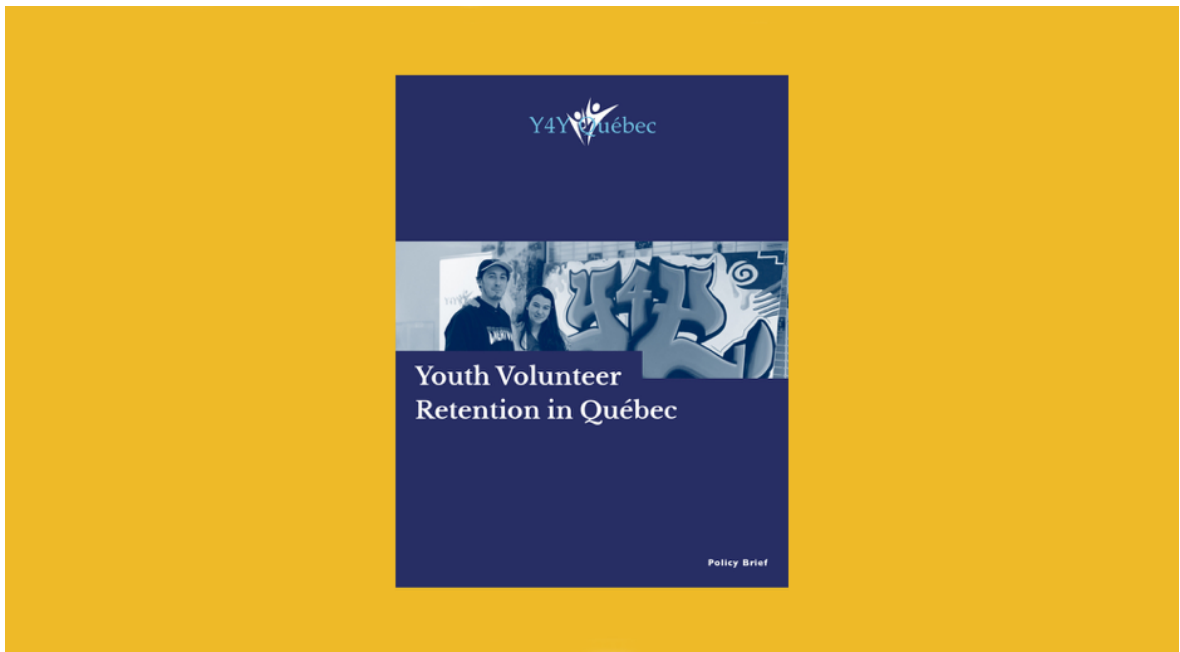
Have you seen it? [Check out](#) our website's new look!



SAY LA VIE Podcast—Episode 3

Episode 3 “Québec's Artistic Identity” featured local pop singer/songwriter Tyler Morin, Québec poet Aisha Farid, and author, playwright, & owner of Montréal’s Theatre Ovest End, Ann Lambert. Missed it? That’s okay - we’ve stored it right [here](#) for you!

Publication



Our latest policy brief “Youth Volunteer Retention in Québec” is now available.

Volunteers are a major part of the nonprofit sector in both Québec and across Canada. Studies reveal, however, that volunteer retention remains an understudied phenomenon. Our brief presents strategies that organizations can follow in order to increase retention. [Read our policy brief.](#)

Slack Community



Want to join the conversation with your peers from across Québec?
To stay in touch with us, our latest updates, and engage with more interesting content, click [here](#) to sign up for Y4Y's Slack channel.

From our Friends

We are happy to introduce our new section, From our Friends, which will include news, projects, and events from other organizations that support Québec English-speaking communities.

A promotional graphic for a CHSSN workshop. The background is a gradient of blue with white diagonal lines. The text is white and includes the workshop title, a list of topics, the date and time, the presenters' names, and a registration link. The CHSSN logo is in the bottom right corner.

CHSSN WORKSHOP

Community-based health promotion in English-speaking communities

- Overview of community-based health promotion
- Sharing our successes and challenges
- Applying an approach to address root causes
- Learning the stages of behavior change

May 12th, 2021, 10:00 a.m. - 12:00 p.m.
Presenters: Russell Kueber and Jenn Cooke, CHSSN

[Register](#)

CHSSN
Community Health
And Social Services Network
Réseau communautaire de santé
et de services sociaux

CHSSN's Community-based health promotion in English-speaking communities

May 12, 2021 at 10 am

Register [here](#).



YES Employment + Entrepreneurship Workshops

Are you looking for strategies to improve your job search during COVID-19 and to get your resume noticed? Check out [these](#) different workshops that **YES** offers.

Y4Y Past Events



Priority-Setting Summit Project

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Priority-Setting Summit Project (PSSP)

March 20-21, 2021

A little over a month ago, the first of two Priority-Setting Summits took place, just in time to start spring off the right way! Workshops, activities, guest speakers, virtual tours of Parliament, giveaways, and networking! Most

importantly, this was an outlet to discuss the issues that Québec's English-speaking youth are facing on a daily basis. If you missed your chance to participate in the first of two Summits and you want a chance to share concerns as an English-speaking youth, don't worry - Summit #2 is coming up soon! We hope to have it in person this time in the beautiful Québec City. Stay tuned for more information!



**Let's Talk about
Mental Health
& Well-being**

**4th Annual
Youth
Forum**

With a Focus on:

**Exploring & Finding
Connection in the World
of Pandemic**

Canada 

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec 

**Let's Talk about Mental Health & Well-being—
Y4Y's 4th Annual Youth Forum**

March 27, 2021

Y4Y's 4th Annual Youth Forum explored multiple themes around mental health and well-being, including isolation and connection in a COVID-19 world. The keynote speaker was David Birnbaum, the provincial Liberal party Official Opposition Critic for Mental Health. The Forum hosted two workshops that featured self-care through art therapy and building peer support. We concluded with a panel discussion facilitated by the CBC's Ainslie Maclellan.

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

Ça va bien aller.

Madeleine Lawler / President
Kathleen Mulawka / Executive Director

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

Québec Canada

Y4Y Quebec

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

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