



On behalf of the entire Y4Y team, we thank you for your support throughout 2021 and wish you a very happy holiday season!

Please note that our office will be closed as of December 23 and will reopen Wednesday January 5, 2022.



Upcoming Events & Initiatives



With You in Mind Workshops

If you missed the first workshop on Substance Use, don't fret! Another workshop is set for **January 20th** on mutual support group and how you can create your own. Led by Crisis Intervention Worker David Robinson, this an activity you don't want to miss.

A panel with 4 mental health professionals is also scheduled for **January 27th**! This is an opportunity to gain some new skills, learn of some new resources and ask your questions about mental health directly to those making a difference in the community. Registration is required and can be done through our [website](#).



Participate in the Green Resilience Project

Interested in the links between community resilience, income security and Canada's shift to a low-carbon economy?

Y4Y Québec is participating in the Green Resilience Project, a Canada-wide series of conversations exploring and documenting the links between the three. In exchange for your insight during this zoom-based conversation, Y4Y will offer each participant a 50\$ honorarium. We would like to hear from you on how your communities are affected by, and are adapting to, climate change. The final report with the findings will be shared with Environment and Climate Change Canada. Those interested in participating are asked to message alex.pettem@y4yquebec.org by no later than **January 10th**.

Funding for the Green Resilience Project is generously provided by Environment and Climate Change Canada's Climate Action and Awareness Fund.



Say La Vie's Playlist

We created a playlist of our favourite songs by the amazingly talented local young artists who aired in our podcast Say La Vie! Give them a [listen](#) over the holidays and show your support.



Publication

English-speakers of Québec struggle to access health care services in their mother tongue. Studies show that language barriers can reduce the overall quality of the health care services provided. What are the consequences of limited medical services for English-speakers and how can the government improve the quality services for the linguistic minority? Find out more in our

[latest policy brief.](#)



Support A Mission You Believe in

Whether by addressing issues our youth face, or strengthening their sense of belonging to the province, or providing them with means to have their voices

heard, Y4Y is committed to the vitality of its English-speaking youth, who are, after all, tomorrow's change-makers. You can now support Y4Y's initiatives by donating [here](#).



Y4Y Membership

Join our network of movers and shakers across the province - it's free! To find out visit our [Membership page](#).

Our Latest Updates



To Our Interim Executive Director...

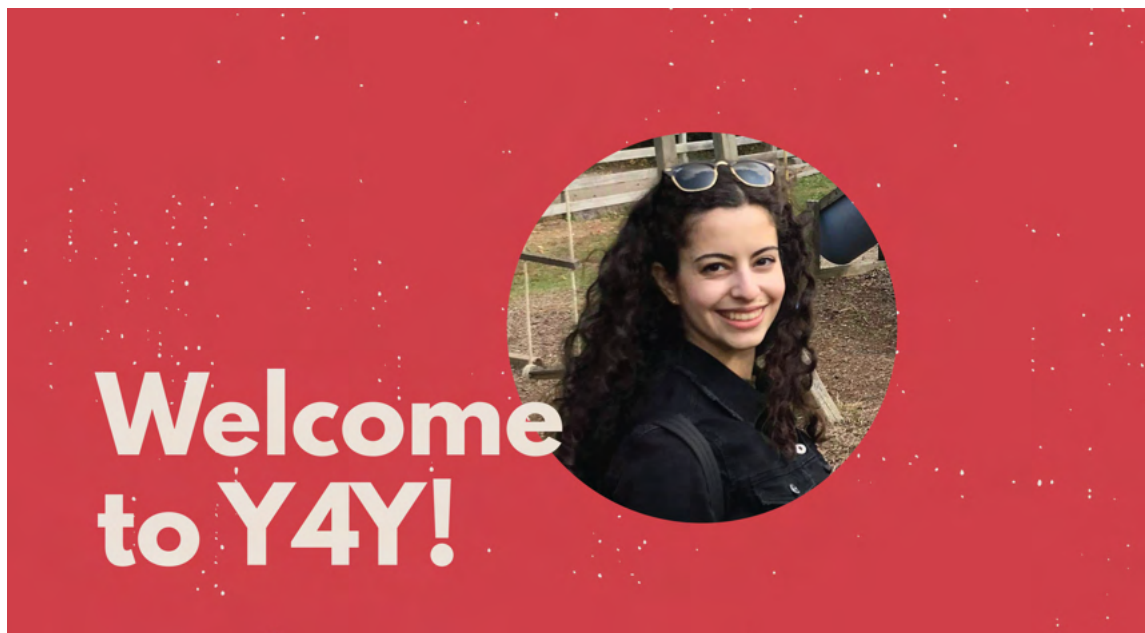
Y4Y would like to thank Kathleen for her exemplary work as Interim Executive Director over the past 12 months. In a challenging and unpredictable year, she stepped up her leadership and helped guide the organization to new heights.

Thanks for holding down the fort Kathleen!



Back with Us!

We're equally excited to welcome Adrienne back in the new year! Resuming her roll as Executive Director, there's no doubt that Adrienne will continue to mobilize and strengthen the English-speaking community of Québec.



Our team Is Growing!

We are pleased to introduce our new Events & Fundraising Officer, Cecilia Eraso. Learn more about her on our [website](#). Welcome to the team, Cecilia!

From Our Friends



Support A Local Business We Love

Are you looking for greetings cards to send out to your friends and family? Check out [Zach Designs](#), a Montréal-based mom-and-son business producing all-occasion greeting cards featuring illustrations by Zach Reisman, a young adult with ASD (autism spectrum disorder). Zach donates 10% of all 2021 sales to the Liam Foundation, raising funds for mitochondrial disease awareness and research. To purchase your cards and support Zach & the Liam Foundation, visit Zach Designs' [online shop](#).



Youth Pulse Check

Are you an English-speaker (18 - 29) living in Québec?

The CHSSN needs your help to better understand what challenges young adults are facing and whether they are getting the support they need.

Their [survey](#) is entirely anonymous.



Land-based Program in Cambridge Bay, Nunavut

April 14 - 24, 2022

The [SOI Foundation](#) has launched a new program: Students on Ice in Cambridge Bay. It aims to bring together 25 youth (ages 18-30) from across Canada to learn about the complexities of climate-related issues and innovative climate research in the North. Participants will work alongside researchers and

Indigenous knowledge holders, incorporating principles of Inuit Qaujimajatuqangit, as well as Western knowledge. They will embark on a journey filled with time on the land, guided workshops, and hands-on research.

Deadline to Apply: January 11, 2022.

Click [here](#) for more details.



ONE Youth Ambassadors

Interested in international solidarity? Want to develop skills that foster positive community change? [One Youth Ambassadors](#) is looking for motivated volunteers (aged 18 to 35) living in Québec, to join its one-year program. Take a look [here](#) for more details.

In Case You Missed It...



With You in Mind Workshop

On November 25th Y4Y hosted its first With You in Mind workshop on Substance Use. Addictions Counsellor Yamin Weiss shared his knowledge, perspective, and experience with substance use and welcomed participants to comment, ask questions and share their own insights.

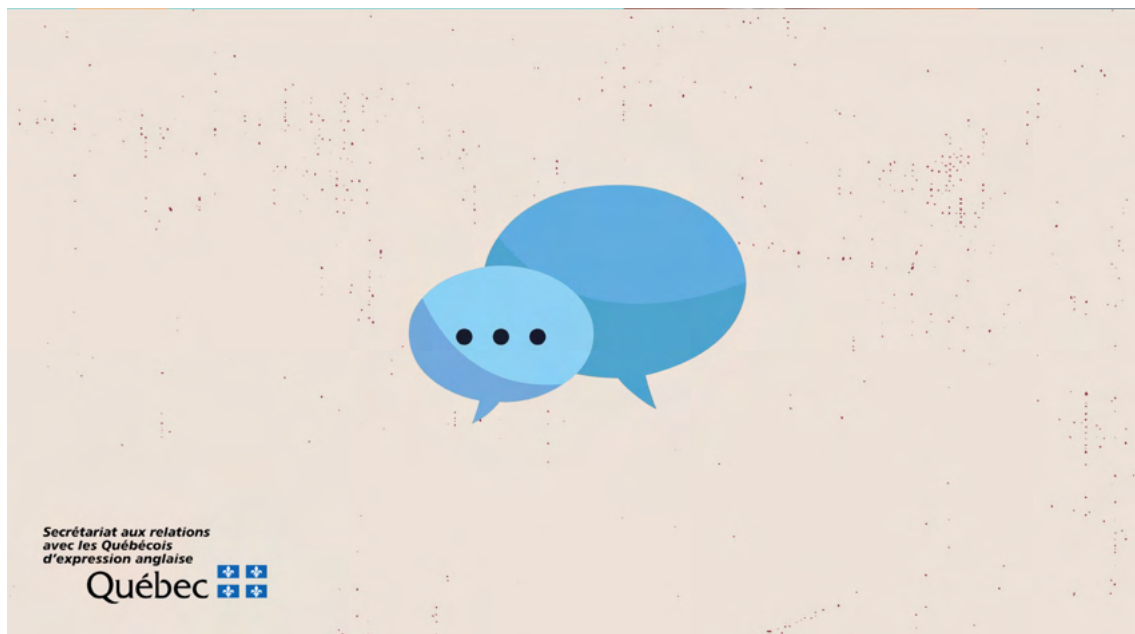


Living a Financially Healthy Life

We recently hosted our second online Financial Literacy workshop, facilitated by Brian Smith from the Canadian Foundation for Economic Education (CFEE).

We discussed several finance-related topics, including budgeting & loans. Follow us on [Facebook](#) & [Instagram](#) to keep an eye out for the next

edition!



You are Here

The Belonging Project is on a Roll

3 of our regional ambassadors held stellar events this month.

In the Gaspé, Emma hosted a night of barn painting where participants learned about the cultural significance of Gaspésian barns for the anglophone community.

Although the weather wasn't on our side, Dominick organized an exciting scavenger hunt downtown Québec City. Participants brought their a-game and were up to the challenge.

In Montréal, Mia hosted her first event with a guided tour through the EcoMuseum Zoo—the only outdoor zoo on the island of Montréal. We had a fun day with some furry friends!

Connect with us on our social media platforms: [Facebook](#), [Instagram](#), [Twitter](#), [LinkedIn](#) to stay in the loop!

Y4Y Québec



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

Y4Y Quebec Association · 5165 Sherbrooke St W, Suite 107, Montréal, QC H4A 1T6,
Canada

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