



It's hard to believe it's 2022 and that we're already entering the third year of the pandemic. But here's to hoping that this year sees the drastic improvements we've all be waiting for! We wish good health to you and your loved ones.

Read on to see what's been going on with Y4Y and the community!

Upcoming Events & Initiatives

Government of Canada / Gouvernement du Canada

GC Jobs Connecting you and your future

**INFO SESSION:
Govt of Canada
Job Opportunities**

**Q&A with an HR Rep
Tips on How to Apply**

HOSTED BY: Y4Y Québec

Info Session: Government of Canada Job Opportunities

Tuesday, January 25, 2022

at 6:30 pm

Y4Y teamed up again with [Voice of English-speaking Québec](#)! This evening from 6:30 to 8 pm, we will be hosting an online information session on finding job opportunities within the Government of Canada! The event is open to all students and recent graduates interested in accessing both internships

and part-time, full-time, and summer jobs. Interested? Register [here](#) to attend.



Free monthly workshops
facilitated by Mental Health Professional

**With You
in Mind**

An initiative aimed to develop
youth's skills in navigating
mental health

Secrétariat
à la jeunesse
Québec

CHSN

With You in Mind Panel

Tuesday, January 27, 2022

at 7 pm

Y4Y has a panel coming up on **January 27th** featuring four multidisciplinary mental health professionals! This will be an excellent opportunity for questions and discussions on anything mental health related. Registration is available on our [website](#), and please submit what you want discussed/answered by emailing maria.morais@y4yquebec.org. This can be in any form you like – topics, questions, opinions, whatever works best for you. We want YOU to lead the conversation!



English-speaking, 18-29 living in Quebec?

Fill out our survey and \$1 will go to the Kids Help Phone *

HELP US TO BETTER UNDERSTAND YOUR CHALLENGES ACCESSING MENTAL HEALTH SERVICES IN QUÉBEC

TAKE THE SURVEY →

CHSSN

CHSSN Youth Pulse Check Survey

Are you an English-speaker between the ages of 18 - 29 living in Québec? We need your help to better understand what challenges young adults are facing and whether you are getting the support you need. For every submission, the Community Health & Social Services Network (CHSSN) will donate \$1 to the Kids Help Phone. You can take this anonymized survey [here](#).

Our Latest Updates



We are hiring!

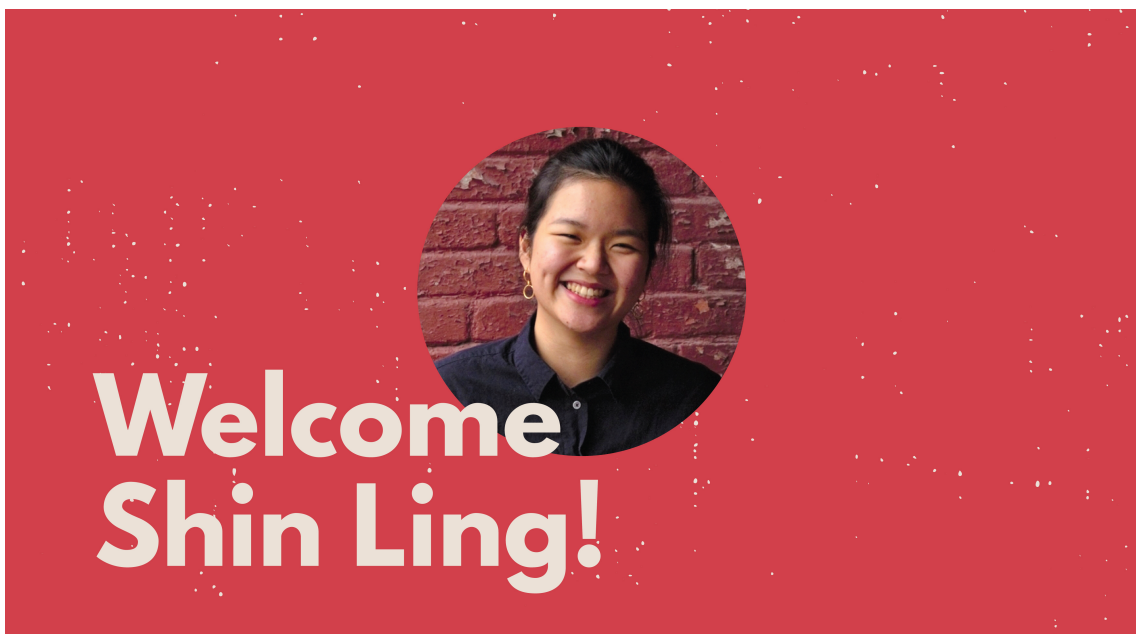
Y4Y Is Hiring!

Our [You are Here: The Belonging Project](#) is looking for Youth Cultural Ambassadors for the following regions: Québec City, Outaouais, and the Lower North Shore. This initiative aims to strengthen the sense of belonging of English-speaking youth through community events that celebrate culture, heritage, and everything in between. If you are between the ages of 16-30 and are interested, this role could be for you! Click [here](#) for more details.



The Green Resilience Project

The Green Resilience Project is well underway at Y4Y! Interested in the links between community resilience, income security, and Canada's shift to a low-carbon economy? Next month, Y4Y will be releasing the results of its two conversations documenting the links between these topics and possible solutions to addressing them. These findings, furthermore, will be shared with Environment and Climate Change Canada. Funding for the Green Resilience Project is generously provided by Environment and Climate Change Canada's Climate Action and Awareness Fund.



Our Team Is Growing!

We are delighted to introduce our newest Podcast Project Coordinator, Shin Ling Low. Learn more about her on our [website](#).

Welcome to the team, Shin Ling!

From Our Friends



The INM's École d'influence

The INM (L'institut du nouveau monde) presents L'École d'influence, a compelling program designed for racialized youth between the ages of 18 to

30. The School, already in its 8th edition, is meant to develop its participants' community engagement and leadership skills. There will be plenty of opportunities to network, meet inspiring mentors, and so much more. Running February 26-27th and March 5-6th, 25 youth will be offered this excellent opportunity. Interested in [applying](#)? Click [here](#) to learn more. Candidates must reside in Montréal North, Saint-Michel, Rivière-des-Prairies, Pointe-aux-Trembles, Anjou or be currently enrolled in Cégep Marie-Victorin, and have until February 13th to apply.



CHSSN's Celebrating Resiliency Conference

A 3-day virtual event designed to celebrate and showcase the resiliency and contributions of Québec's English-speaking communities during the COVID-19 pandemic and beyond. Experts in the field will be sharing their best practices!

Interested? Register [here](#)!

In Case You Missed It...



With You in Mind Workshop

On January 20th, With You in Mind held its second workshop of the series on Mutual Support. This engaging workshop led by Crisis Intervention Worker, David Robinson, explored how to create your own support group within your own circles and encouraged participants to get hands on and give it a go in break out room activities!



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

Do you support our mission and the work we do within the community?

Become a member - it's free! To find out more or to sign up, visit our

[Membership page](#).

Connect with us on:

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

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

Québec  Canada 

Y4Y Québec

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

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