



Hello - happy spring!

There is a lot going on in the community, and we want to make sure you're up-to-date! Here's a roundup of what's on the horizon at Y4Y and with some of our friends.

Upcoming Events & Initiatives

**Are you on the verge of graduation?
Wondering how to get your first job?
Feeling like your CV doesn't stand out?**

Join our **FREE 3-part Job Search Bootcamp** for post-graduation success!

PART 1: Create Your Job-Winning CV
Monday, April 25 | 10:00AM-12:00PM

PART 2: Write an Inspiring Cover Letter
Wednesday, April 27 | 10:00AM-12:00PM

PART 3: Master the Job Interview
Thursday, April 28 | 10:00AM-12:00PM



Take action and register now!
514-878-9788 | yesmontreal.ca



Supported by:



Graduating Soon? Job-seeking?

April 25th, 27th, and 28th

Register today for the **[YES Montreal/Y4Y Job Search Bootcamp](#)** to get professional, real-time support with CV and Cover Letter-writing, as well as basic Interview Skills training.

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 →

CHSN

Youth Pulse Check Survey

Help your community by taking a 5-minute survey on mental health services for youth. Help community groups work harder and smarter to ensure that youth get the services they need. Take the anonymous survey [here](#).

Ensuring Equal Access to Affordable Internet for Québec's Rural Communities

ONLINE PETITION

Sign this Petition!

Time to urge the provincial and federal governments to make internet access more affordable for Québec's rural communities. Find out more & sign the petition [here](#).

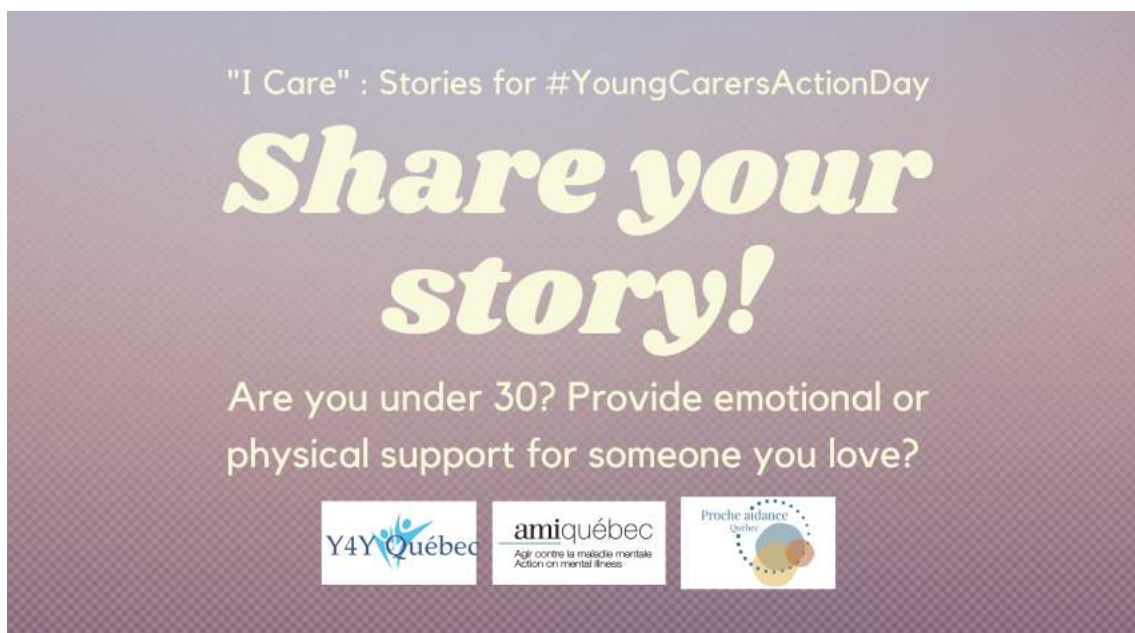


**The Bonus Episode of Y4Y's SAY LA VIE Podcast:
Youth Community Organizers During the Pandemic**

Wondering how you can get engaged, or deepen your involvement, with issues that are important to you, even while the world is quickly changing? Wondering how the pandemic has brought increased importance to community organizing?

Join our guest host Shin Ling Low as she meets with Faith Paré, Joanna Kanga, and Brayden Sonny White. Emerging from Québec's rich grassroots culture, these youth leaders and organizers discuss how they adapted their tactics during the pandemic. We're very excited to share this episode with you! Catch SAY LA VIE on your favorite podcast platform.

[Anchor](#) | [Spotify](#) | [Apple Podcasts](#) or [YouTube](#)



“I Care”: Stories

Y4Y has partnered with [AMI-Québec](#), with the support of [Proche Aideance Québec](#), to collect stories of young carers. By sharing your story of the care you give to a loved one, you will inform further research to ensure support is accessible to all young carers. But what does it mean to be one? How do you know if you are a young carer yourself?

[Find out more & see how you can get involved.](#)



You are Here: The Belonging Project Updates

The Belonging Project has been quite busy this month. Our Youth Cultural Ambassadors (YCA) hosted three excellent events: A Night at L'Auberge Symmes in the Outaouais region (in person!), Our Banana Bread Bash, and Peace, Love and Morin Heights, both on Zoom.

Our YCA also took part in the Connecting Communities workshop at Y4Y's 5th Annual Youth Forum. Each YCA answered questions about their time on the project and highlighted their experiences as English-speakers.

Continue to follow us for more updates as The Belonging Project gears up for its next season.

From Our Friends

www.mystartupdojo.com

MAKE YOUR "**SOME DAY**" TODAY!

**STARTUP DOJO ONE YEAR
SCHOLARSHIP PROGRAM**

**BECOME A
TEENPRENEUR!**

**Are you a young entrepreneur with a
million-dollar idea that you want to
share with the world?**

Startup Dojo is the ideal platform for YOU!

Startup Dojo is an Entrepreneurial Online Academy
that can help make your dreams a reality

You've got that Million Dollar Idea...

But you just don't know what to do with it.

Startup Dojo's Online Entrepreneurship Academy is here to help! The Academy assists teens (students currently in grades 9-12) in learning leadership, business, and critical thinking skills by helping you launch a real venture and working with real customers! Interested? [Check out](#) its one-year Scholarship Program (valued at \$2,400). Teenpreneurs pay no cost to be in the program!

**FINANCIAL
SUPPORT FOR
STUDENTS**

**Community Network Bursary Program
For Health and Social Services Students**

Academic Year 2022-2023

Created by Dialogue McGill, the Community Network Bursary Program is managed regionally by English-speaking community networks to provide financial support to Québec students who are pursuing full-time

college/university studies or secondary school vocational training in health/social services; in a government recognized educational institution in Québec; and who are able to provide health/social services in both French and English in a health/social services institution in Québec. For more information on eligibility, click [here](#).



A New Podcast Series by RAWQ & CHIP 101.9

The Regional Association of West Quebecers (RAWQ) and the Pontiac Community Radio Station (CHIP 101.9) collaborated on a new podcast series, ***Our Ancestors and How They Shaped the Land***. The series talks about some of the key figures that helped develop the Outaouais into the prosperous region that it has become. Business, Family and Politics, in this podcast, you'll learn of the Sparks, Wrights and Symmes families, of the relationships they shared, and their work and influence helped shape the Outaouais region. Four episodes are available in both English and French on CHIP FM ([ENG/FR](#)) or Spotify ([EN/FR](#)).

Support Y4Y



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 the 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 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](#).

In Case You Missed It...



To all The Youth Forum Participants

Y4Y would like to extend our sincere gratitude for all of those who attended our 5th Annual Youth Forum. We hope you enjoyed your experience and learned some valuable insights. We hope to stay in touch with you and see you again very soon!



Y4Y in Québec City

Y4Y President Madeleine Lawler, and staff members Alex and Cecilia consulted with grades 10 & 11 students at Quebec High School and St. Patrick's High School so as to hear all the concerns on their minds. The following week, Adrienne attended a Y4Y youth-led consultation with students at Champlain St-Lawrence CEGEP. The students' discussion points will contribute to the

Priority-Setting Summit Project's Strategic Plan, which aims to outline and address issues experienced by youth in areas they themselves list as priorities.

Y4Y, furthermore, would like to thank the various organizations who were able to take the time to meet with us in-person. It was great to swap notes and discuss future partnerships with the CHSSN, VEQ, MCDC, and RDN!

If you haven't yet, 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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