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## Upcoming Events

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The graphic has a light beige background. It features the text 'Cozy winter' in a red script font, followed by 'Solstice Decor Making with Seasonal Tea & Cookies' in a dark blue sans-serif font. Below this, the date and time 'December 15, 2022 from 7pm to 9pm' are written in red, and the location 'at Morrin Centre Library' is in dark blue. To the right is a line-art illustration of a cup of tea with a red leaf design and a chocolate chip cookie. The scene is decorated with small asterisks and leafy branches.

**Cozy winter**  
**Solstice Decor Making**  
**with Seasonal Tea**  
**& Cookies**

**December 15, 2022**  
**from 7pm to 9pm**  
at Morrin Centre Library

Funded by / Financé par:  
**CHSSN**

### **Cozy Winter Solstice Decor Making Event**

*Thursday, December 15, 2022, from 7:00 pm to 9 pm*

'Tis the season to get crafty and cozy!

If you're in the Québec City area, join us at the beautiful Morrin Centre Library for an evening of seasonal decor-making, tea & cookies! Materials will be natural, sustainable, and provided on-site. Sign up [here](#).

The poster features a blue background with pink and purple abstract shapes. At the top left, the text 'Meet Your Neighbour' and 'Salut les voisins' is written in white. Below this is an illustration of a person on a smartphone screen interacting with a person in the real world. The text 'Virtual Info Session' is prominently displayed in white on a dark blue background, followed by the date and time 'Thursday, January 19<sup>th</sup> 2023 at 12:00pm'. Below this, the French equivalent 'Session d'infos virtuelle' is shown in white on a dark blue background, with the date and time 'Jeudi, le 19 janvier 2023 à 12h'. At the bottom left, it says 'Funded by the Government of Canada / Financé par le gouvernement du Canada' and the 'Canada' logo is on the right.

## Meet your Neighbour / Salut les voisins: Virtual Info Session

Thursday, January 19, 2023, from 12 pm to 12:45 pm

Jeudi, le 19 janvier de 12h à 12:45h

**(Le français suivra)**

You've heard us talk about human books & human libraries—but what do we mean? Join us for a 45-minute virtual info session demystifying the concept created by the Danish Human Library Project.

This info session will introduce you to Y4Y's **Meet your Neighbour / Salut les voisins** project, including testimonials from youth advisors and human books who took part in our inaugural human library event in Sherbrooke.

Register [here](#) and find out more about this exciting storytelling initiative!

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Vous nous avez entendu parler de « livres humains » et de « bibliothèques humaines » –mais qu'est-ce qu'on veut dire par cela? Rejoignez-nous pour une session d'infos virtuelle de 45 minutes démystifiant le concept initialement conçu par le *Danish Human Library Project*.

Cette session d'infos vous présentera notre projet **Meet your Neighbour / Salut les voisins** qui inclura des témoignages du Comité consultatif des jeunes et des « livres humains » qui ont participé à notre événement inaugural de « bibliothèque humaine » à Sherbrooke.

Rejoignez-nous et découvrez-en plus sur cette passionnante initiative !

Inscrivez-vous [ici](#).



### **Ice skating with Y4Y Québec!**

*Sunday, January 29, 2023, from 3:00 pm to 4 pm*

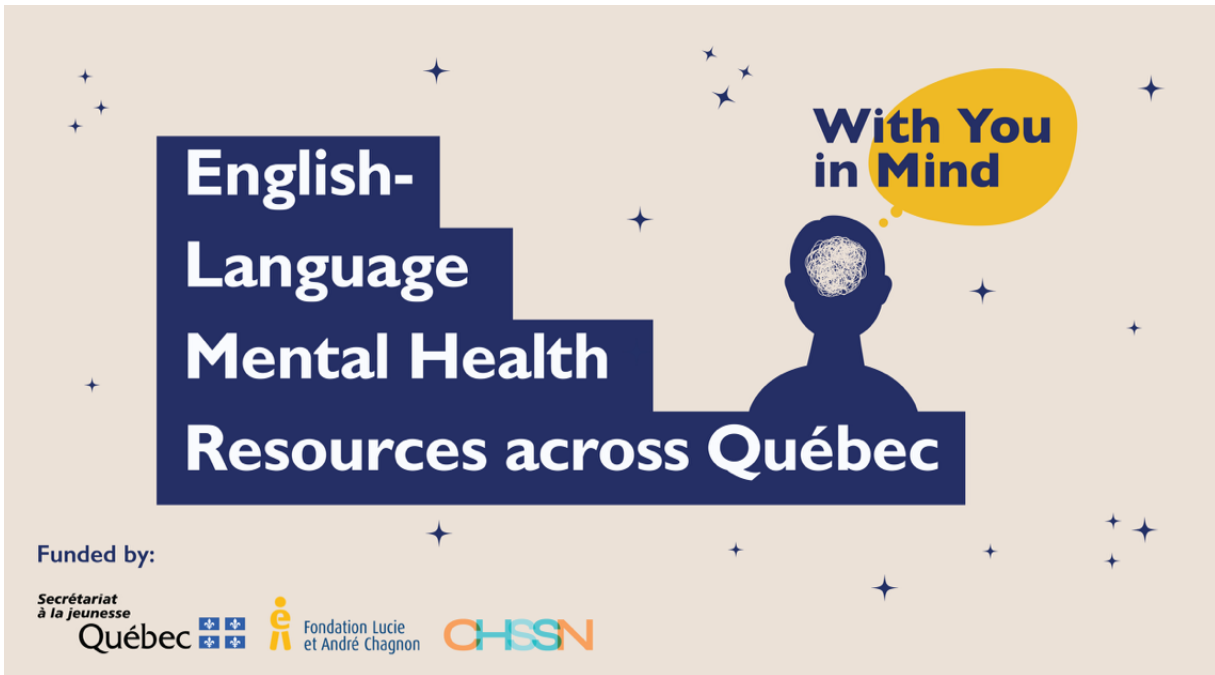
This January, it's time to break out those skates and do what Canadians do best.

Come ice-skating with Y4Y at the Aréna Gérard Duchaine for a fun afternoon of games and tasty treats, on us! Sign up [here](#).

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## **What We've Been Up To**

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### ***With You in Mind 2.0: That's a Wrap!***

As another year comes to a close, so does the second year of our youth mental health initiative. A huge thank you to everybody who participated in our Coffee Chats, Consultations, Peer Support Focus Group, and of course, our incredible Youth Advisory Committee. Together, we can contribute towards a stronger youth mental health landscape.

We'll see you in the new year for With You in Mind 3.0! In the meantime, check out our new province-wide English-language [Mental Health Resource List](#).



### On Air with Daybreak Montreal

Earlier this year, Y4Y conducted a [study](#) to understand what motivates young English-speakers in Québec to become civically engaged. A prominent reason listed by interviewees was a desire to find a community of other English-speakers.

[Tune into Daybreak Montreal](#) with Sean Henry to hear our President, Madeleine Lawler, discuss our findings in more detail.



### On Air with CBC Listen

In case you haven't heard of Y4Y's human library project, *Meet Your Neighbour / Salut les voisins*, [check out our latest interview](#) with Peter Tardif to hear Y4Y's Executive Director, Adrienne Winrow, break down this exciting storytelling project!



## Intergenerational Storytelling Workshop: Hearing & Treasuring the Past!

In early December, *Project Impact* held a storytelling workshop in partnership with the [The North Shore Community Association \(NSCA\)](#) where members shared their lived experiences of growing up in Sept-Îles with [Queen Elizabeth High School](#)'s secondary 4 and 5 students. From this intergenerational exchange, students obtained a greater sense of connection to their English-speaking heritage, familiarising themselves with stories about the Girl Guides, Boy Scouts, and Social Teas held by the local churches.

Thank you to the NSCA for celebrating heritage and bringing their memories back to life!

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## From Our Friends

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READY TO MOVE  
FORWARD WITH  
YOUR BUSINESS?

**FREE ONE-ON-ONE BUSINESS COACHING**  
**Thursday, January 12**  
**9:00AM - 5:00PM**  
**181, Principale Unit A-11, Gatineau J9H 6A6**  
 Reserve today by contacting Hayley Campbell  
[oe@westquebecers.ca](mailto:oe@westquebecers.ca)

We are dedicated to helping you and your business succeed! Call 1-888-614-9788 or visit [yesmontreal.ca](http://yesmontreal.ca)  
 \*Nominal file activation fee, plus you will have unlimited access to business coaching.

Funded by:   In collaboration with:  

### Free One-on-One Business Coaching

On Thursday, January 12 from 9am - 5pm, YES Employment + Entrepreneurship is offering free one-on-one business coaching from the [Regional Association of West Quebecers](#) office. New and recurring clients

are welcome!

To reserve your spot, please contact Hayley Campbell at  
[oec@westquebecers.ca](mailto:oec@westquebecers.ca).



### ***Vent Over Tea in Real Life!***

**Vent Over Tea** is thrilled to announce the return of their in-person Vent Sessions!

Got something to get off your chest? A trained active listener will provide you with their undivided attention, without any judgement. If you're in the Montréal area, simply pick a time and café that works for you, or stick to a remote Vent Session!

Click [here](#) to book a session.



⋮  
**LOOKING  
FOR A  
NEW JOB?**  
⋮

### **4Korners is Hiring!**

Are you job-hunting in the Laurentians? Our friends at [4Korners](#) are currently looking to hire for a number of roles.

Check out their listings [here](#).

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## **Get Involved!**

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### Volunteer with Y4Y!

Want to try something new, make friends, build character, enhance your leadership skills, and solve problems all while having a positive impact on your community? What's in it for me, you ask? **We offer letters of recommendation and professional references as well as mentorship opportunities that allow you to hone your leadership skills and build your resume.**

Click [here](#) to find out more on how you can volunteer with Y4Y.



### 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](#).

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

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

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

Québec 

Canada 

Y4Y Québec

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

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

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