



What's New at Y4Y?



With You
In Mind

Launching on Discord November 1st!

Join us for a 30-mins welcome event on
the server at 6:00 pm - 6:30 pm.

**Explore the server,
find out what's going on
& meet some new
friends!**



***With You in Mind* Welcome Event**

The ***With You in Mind*** project is making its Discord server public on November 1st and we're hosting a short 30-min welcome event from 6:00-6:30 pm to celebrate! 🎉

We'll be sharing more about what we're doing on Discord and how to improve your experience in the community. Everyone is welcome! Youth, org members, and mental health/industry professionals!

Meet our awesome team of talented youth who have helped us build and make this server possible, make new friends, and check out what activities we have lined up! 🤝

Sign up [here](#).

Tell a friend & see you online! 🥳



Latest Research Report

Over the summer, Y4Y conducted research with the aim of building an understanding of youth perceptions and experiences with sexual health and reproductive healthcare services. By conducting a survey, we had the privilege of amplifying the voices of Québec's youth! 🗣️

🔍 Check what we found out [here](#).



New Policy Brief
Unhoused Youth in Québec: From Exclusion to Access

💡 Did you know that across Canada, over 35,000 at-risk youth face the many difficulties and uncertainties posed by a lack of stable housing?

Delve into the complexities of youth homelessness with our latest policy brief, which explores the root causes and varied experiences of unhoused youth, shedding light on the challenges they face. This brief discusses current interventions, provides recommendations, and proposes a youth-led approach to create awareness and solidarity.

 Read [here](#) to find out more.



The graphic features a light beige background with several lightbulb icons scattered around. In the center, a megaphone icon is positioned above the text **Youth on Boards**. Below this, the text **Ready to make a difference in your community?** is displayed, followed by **Join the program & become civically engaged!**

Youth On Boards
Governance in Motion

Interested in Joining a Board of Directors and want to know more about them?

Join Y4Y's [Youth On Boards](#) program to gain a deeper understanding of what boards entail, and discover how becoming a board member can benefit your career aspirations and your community! ✨

The November 2023 training program has reached its maximum capacity, but you can still express your interest in the February 2024 training program by filling out the [form](#) today!

The graphic features the 'WELLNESS LIAISONS' logo in purple text with a green heart icon. Below the logo, the text 'NEW BLOG POSTS BY Y4Y'S WELLNESS LIAISONS' is displayed in bold blue font, accompanied by a purple heart icon and a green decorative line. Two colored boxes contain blog post titles and authors: a green box for 'McGill students' Guide: How to get physically active for FREE (or nearly)!' by Abbigail Whitcher, and a blue box for 'What is Meditation Walking' by Becaye Baldé.

Hear from Y4Y's Wellness Liaisons

Are you a McGill student wondering how to get physically active for FREE?
Do you want to know about meditation walking and how to do it? 🤔 ✨

Our [***Wellness Liaisons***](#) Abbigail and Becaye have got you covered!

Check out our [blog page](#) to see what they have to say.



Welcome to the City!


We're so proud of our participants, who attended the workshop series of the [**Welcome to the City**](#) program in hopes of addressing their questions about navigating life in the city.

If you're interested in participating in the next cohort of Welcome to the City, you'll be guided through a series of workshops that can offer everyday life hacks and opportunities to build a network of resources to help you find your way.

Stay tuned for more!



Volunteer with Y4Y

 Y4Y is always looking to expand its volunteer team and that's why we need you!
Looking for a volunteering opportunity or a chance to create change in your community?

Check out Y4Y's new & improved Volunteer Program!

To learn more about our volunteer opportunities and incentives, visit our [Volunteer page](#).

To sign up to be a volunteer, fill out this [form](#).



Y4Y Membership

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

Join a group of movers and shakers mobilised around elevating youth voices and strengthening civic engagement 🗣️

To find out more, or to sign up, visit our [Membership page](#).

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

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

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