

# What's New at Y4Y?



#### 7th Annual Youth Forum

Are you ready for a day of inspiration, insight, and connections? Look no further! Y4Y Québec proudly presents our Annual Youth Forum, a dynamic event designed exclusively for Québec's English-speaking 16 to 30 year old youth. Immerse yourself in a day dedicated to exploring current issues in education, civic engagement, and job-readiness.

Click <u>here</u> for more information & registration.



### **Youth on Boards (Winter 2024 Cohort)**

Interested in learning about nonprofit governance and becoming a board member yourself? The <u>Youth on Boards</u> program is tailored just for you! The training will take place in-person at the Y4Y offices on February 10th and 11th, 2024, offered for **free** to any interested youth from across Québec.

#### Fill out the expression of interest form **here** to participate.



# **Public Service Job Opportunity Info Session**

Wondering how to apply for a job in the Canadian public service? Y4Y has you covered.

We are partnering with an HR representative to help you learn about opportunities and how to apply for these jobs Join us on February

#### 7th at 6 pm to learn more!

**Sign up here.**Registration required.



New Publication

Digital Dilemma: The Impact of Excessive Screen Time on Young Individuals' Development

Did you know that excessive screen time impacts your concentration, language development, and social interactions? Our latest policy brief explores the impact of excessive screen time on youth, addictive algorithms on social media, as well as the need for informed interventions and further research regarding the digital era.

Read more here.



**Check out our English-Language Mental Health Resource List!** 

Looking for mental health resources in Québec? Good news! We have curated resources on our website, available province-wide and tailored to specific regions.  $\nearrow$ 

### Check them out here.



Do Good, Feel Good!



In "Do Good, Feed Good!", Y4Y's Financial Wellness Liaison, Bon, discusses how one can achieve financial and emotional wellness through acts of kindness and community engagement. Bon interviewed various community members, who provided valuable recommendations on what we can all do to spread kindness around us!

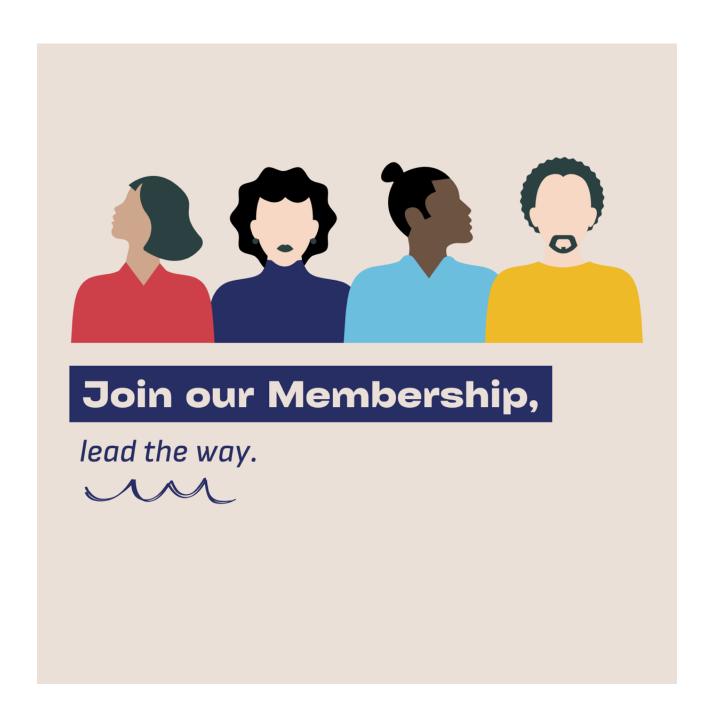
Check out the magazine here.



#### Hear from Y4Y's Wellness Liaisons!

Feeling stressed? Need ideas on how to relax, or about the latest affordable winter activities in Montréal? 
Our Wellness Liaisons, Abby and Becaye, have input for you!

Check out their blogs here.



# 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.



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.

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

Facebook, Instagram, LinkedIn, TikTok, & YouTube to stay in the loop!

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