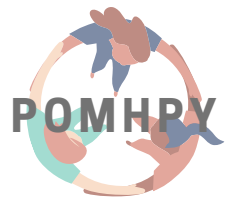


A PREVENTATIVE ONLINE MENTAL HEALTH PROGRAM FOR YOUTH



PROJECT UPDATES



We have lots to update you on! Since our last newsletter, we have:

- Launched our **POMHPY website** (scan the QR code at the bottom to visit).
 - [Here](#), you'll find the Participant Portal and program materials, wellness resources, information about POMHPY, and more!
- Presented at **Waypoint Talks: Building your research toolkit**.
 - Click [here](#) to view the webinar.
- Started **Summer 2023 program recruitment**. Click [here](#) to sign up!

Program sessions

Based on youth feedback, we developed six exciting program sessions, each with a different theme:

- * **Affirming the beat:** focus on music and positive affirmations
- ⇒ **Bodies in motion:** focus on physical wellness
- 🌬️ **Balanced bodies and minds:** focus on checking in with yourself
- ⇒ **Food for thought** OR **Creative minds:** food literacy OR mindful art
- 🌀 **Finding your centre:** focus on self-regulation
- ✨ **Dream, plan, do!:** focus on developing sustainable goals

After running the program with our first group, here was their **overall rating of POMHPY:**



What's next for POMHPY?

- **Evaluation** of pilot program
- Fall 2023 **Community Reference Group Town Hall** (dates to be announced!)
- **Expansion** of POMHPY across Ontario

SIGN UP FOR POMHPY!

* **We are still recruiting for Summer 2023!** *

Are you between 12 to 25 years old and living in Ontario? Want to participate in POMHPY and earn up to \$90 in gift cards for giving us your honest feedback?

Scan the QR code below or visit

OurYouthWellbeing.com/sign-up to sign up now! If you have any questions or concerns, send us an email at **OurYouthWellbeing@waypointcentre.ca**.



WHY POMHPY?

~ **Facilitators you can relate to** ~
All POMHPY sessions are run by youth facilitators!

~ **Perks** ~

Beyond getting access to our exciting program, participants receive:

- Volunteer hours
- A free meal OR art kit
- A POMHPY certification
- Up to \$90 for providing feedback