

Project Newsletter

Program Updates

The new year has kicked started a lot of meaningful work for our team! We have been working hard to created an evidence-based wellness program guided by youth input and will soon be ready for launch. We plan to pilot our program in Simcoe Muskoka in May 2023.

Our program includes six one-hour sessions that promote a combination of mental, physical, and social wellbeing. Program themes we are particularly excited about include Positive Affirmations and Music, Bodies in Motion, Food Literacy, and Creative Minds! To support program delivery, we are developing training resources for youth facilitators to equip them to lead our program and supporting its prospective implementation in community youth serving organizations. Program materials, resources and information for youth and project stakeholders will soon be available on our project website, which is slated to go live in early-spring.

We currently in the process of establishing a partnership with the Simcoe/Muskoka YMCA! As part of this partnership, the Simcoe/Muskoka YMCA will be providing our program participants access to their facilities and will be actively involved, from recruitment to program delivery. We are incredibly grateful for this upcoming opportunity and see tremendous value for our prospective youth participants. We look forward to sharing more details in the weeks to come!

Youth Voices

In February 2023, we held youth focus groups where our participants attended a Session One dry run of our online preventative mental health program. Here are some of the key takeaways!

Dedicated writing/drawing spaces in the session books would be great!

More data on mental health benefits of the program

Opportunities for program participants to connect

Include activities about art, culinary skills, physical health, stress management, and music



Community Reference Group Townhall Meeting

The Community Reference Group (CRG) Townhall is an opportunity for us to virtually engage community stakeholders in our youth resiliency project. This project requires engagement from a wide variety of youth-based stakeholders to ensure the developing program is unique and relevant to the needs of Ontario youth. We appreciated connecting with so many of you in our October 2022 CRG and have made significant strides in program development from your valuable feedback!

We are excited to announce the next CRG for March 2023! We will be proceeding with two Townhalls to accommodate all our stakeholders!



Join us on Zoom!

Monday March 27th, 2023, 9:00 - 10:00 AM EST

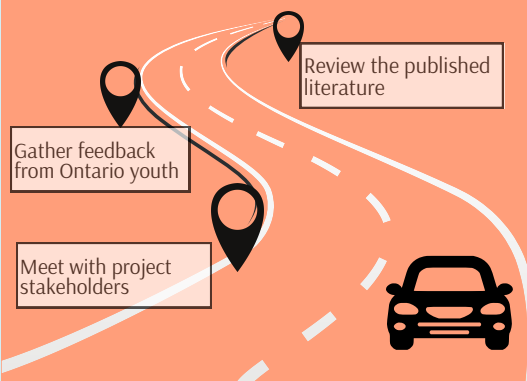
or

Tuesday March 28th, 2023, 1:30 - 2:30 PM EST



We are excited to walk you through our six-session program and get your feedback. We would also like to explore opportunities for partnership to build capacity for the May 2023 Simcoe Muskoka pilot and increase our reach to support program expansion in Fall 2023! **To reserve your spot scan the QR code above or email us at OurYouthWellbeing@waypointcentre.ca**

GOAL: To create a preventative wellness program for youth that is inclusive



- **April 2023** - Simcoe Muskoka Participant Recruitment
- **May 2023** - Program roll out in Simcoe Muskoka
- **July 2023** - Program evaluation
- **September 2023** - Provincial expansion