

A PREVENTATIVE ONLINE MENTAL HEALTH PROGRAM FOR YOUTH

PROJECT UPDATES



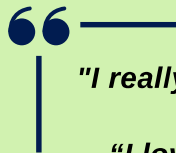
Program expansion

All youth living in Ontario who are between the ages of 12 and 25 can now register for POMHPY. We will continue recruiting participants throughout the year.

[Click here](#) to sign up now! 🎨🌟

Program evaluation

So far, a total of 34 youth participated in the POMHPY pilot. On average, participants have rated the program 4.5 out of 5 stars. Here's what youth are saying about POMHPY:



"I really enjoyed all of POMHPY and looked forward to it every week."

"I loved that we felt like we were just friends with the facilitators- they were so relatable."

"I liked the freedom to pick and choose which strategies resonated with me."

"The overall environment has given leeway to improving my mental health and my social wellbeing."

Upcoming opportunities:

- Join us for the **Community Reference Group Town Hall** on in late November. We will discuss learnings from our POMHPY pilot and next steps. More details will be coming your way soon! 😊📅
- If you are over 16 years old, email us today and apply to be a POMHPY 🌟 **Youth Facilitator** 🌟! Youth facilitators gain leadership skills and are eligible to earn volunteer hours.

SIGN UP FOR POMHPY NOW!



Are you between 12 to 25 years old and living in Ontario? Participate in POMHPY and earn perks, including 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.

