

Progress Report

Over the past six months, our team has been working to develop a preventative program for youth in consultation with adult and youth stakeholders, and the published literature. This program will focus on three main areas:

- Resilience and mental wellbeing
- Online and off-line social connections
- Sustainable healthy behaviors that support physical wellness

As our program begins to take shape, we want to give our stakeholders an early look at the program!

- Live virtual sessions (e.g., Zoom) that include evidence-based wellness activities
- Six, 1-hour sessions over six weeks
- Virtual message board to connect between sessions
- Off-line wellness components (e.g., YMCA passes)
- Separate program offerings for adolescents (12 to 17 years) and young adults (18 to 25 years)

We are working hard at creating a curriculum that is inclusive and meets youth where they are at. Stay tuned for updates!

Upcoming Events

Dec 2022 - Youth Survey on Programing Preferences

Must be between the ages of 12 and 25 and living in Ontario. Follow the QR code to find out how to participate! Honoraria provided.

Act fast, gift cards are in limited supply!

Feb/Mar 2023 - Project Website Launch

This will be your go-to destination for project updates, recruitment/partnership opportunities. This is also where participants will be able to access worksheets, wellness activities, resources and our youth discussion board.

Small group sizes

Tailor content to adolescent and young adult groups

Have youth represented in the facilitators

Allow youth choices in the program content

Valuable Learnings

We have a lot to be thankful for when it comes to the adult and youth stakeholders who have contributed their knowledge to this project. Here are some of the valuable takeaways we have had so far!

Shining the Light on Youth Mental Health

We are excited to announce that Waypoint's Shine the Light Gala this year raised more than \$91,000 to support "A Preventative Online Mental Health Program for Youth". These generous donations will be used meaningfully to support development and implementation of our project. This includes covering the cost of honoraria for youth contributors providing off-line program components (e.g., YMCA passes) for youth to connect and increase physical activity. In addition, some of the funds will be applied to our knowledge translation plan, which broadens our reach and enables us to increase our visibility among youth wellness providers and stakeholders across the province of Ontario. The team appreciates the generosity of our lead sponsor TD Bank Group, our guests, sponsors, silent auction partners, staff and volunteers.



Want to find out how you can get involved? Do you have questions?

Reach out to Kim at kbelfry@waypointcentre.ca

Feb/Mar 2023 - Community Town Hall

We want to meet with our stakeholders (such as yourself!) one last time before program launch. The main goals of this meeting will be discuss recruitment and program implementation.

Spring 2023 - Recruitment Starts!

Mark your calendar! The program will be rolling out officially in spring and we will be looking to recruit youth who are willing to participate and give their valuable feedback on this experience.



**TD READY
COMMITMENT**

