

# A PREVENTATIVE ONLINE MENTAL HEALTH PROGRAM FOR YOUTH

## PROJECT UPDATES



### Expansion Cohorts



We have officially completed our first expansion cohorts for January! All Ontario youth between the ages of 12 and 25 can register for our March cohorts. [Click here](#) to sign up now!

### School Cohort

Grade 7 and 8 students at the Canadian Martyrs Catholic School had the opportunity to participate in POMHPY. This is what students had to say about their experience:

**"[The activities] are something that I can use to calm myself."**

### POMHPY Mindfulness Crash Courses

Our youth leads hosted engaging, complimentary, one-hour virtual mental health and wellbeing crash courses in December and February. The workshops presented evidence-based activities offered by POMHPY, such as emotional regulation techniques and the Zentangle drawing method!



### Community Reference Group Meeting Updates

Two Community Reference Group Town Hall meetings were hosted in late November, where we discussed POMHPY's pilot and the project's next steps. Our team provided an overview of successful mixed-methods evaluation findings of the pilot run, provincial expansion, and program sustainability.



### Knowledge Sharing Events and Opportunities



- Our team presented a poster at the **CMHO 2023 Conference**
- Our team presented during the opening Plenary of the **Frayme 2024 Learning Institute**
- We are currently working on a **Knowledge Translation** video. Stay tuned!

## 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](https://OurYouthWellbeing.com/sign-up) to sign up now!

If you have any questions, send us an email at

[OurYouthWellbeing@waypointcentre.ca](mailto:OurYouthWellbeing@waypointcentre.ca).

