

Youth Volunteers Needed!

for



Youth Leadership Advisory Board

**youth
LAB**



Youth are experts in youth culture, so we want **YOU** to help us create strategies to reach at-risk youth.

Interested? Ask us

Contact: Shelley or Erin
Family Services of the North Shore, #203 - 1111 Lonsdale Avenue
North Vancouver, BC V7M 2H4
Phone: 604.988. 5281 Fax: 604.988.3961

Youth Volunteers Needed!

Youth Leadership Advisory Board: YouthLAB

Family Services of the North Shore is looking for 12 creative and engaged youth to help us develop outreach strategies for at-risk youth on the North Shore.

Are you:

- Entering grade 11 or 12 during the 2015/2016 school year?
- Figuring out how to get your community service hours?
- Connected to Social Media? Interested in public speaking? A good writer?
- Someone who has seen family, friends, others dealing with depression, anxiety, eating disorders, or other mental health issues?
- Interested in learning more about mental health and psychology?
- Wanting to be part of an exciting community initiative?

We believe youth know best how to help other youth. Your knowledge and opinions will be the key ingredients guiding us to communicate with youth in ways that are meaningful and relevant.



If this sounds like you, we need you in YouthLAB.

As a YouthLAB member you will be:

- Learning about mental health issues from our professional counsellors.
- Advocating for the needs of at-risk youth in your community.
- Helping us refine a communication and outreach plan – using both social and traditional media.
- Developing Leadership, Communication, and Public Speaking skills.
- Developing relationships with other members of your YouthLAB cohort.
- Earning 60 (+) community service hours (September 2015 through May 2016).
- Making a real difference in your community.

The details:

How much time per month? About 5 hours

When will we meet?

Two Thursday evenings per month, starting September 2015

Meeting Time: 5:30 – 7:30pm (great food included)

Part of the hours will include keeping in touch with other YouthLAB members in person, via social media, etc., and maybe being asked to do some interesting community outreach opportunities as they arise.

To learn more:

For more information about who we are, why we're doing this and why we need YOU, see the attached information sheet or go to our website www.familyservices.bc.ca

Or Phone: Shelley Hine or Erin Bruchet at 604.988.5281

How do I apply?

Print and complete the attached application form, then mail, email or drop it off to:

Shelley Hine or Erin Bruchet

Coordinators, Safer Places for Children and Youth

Family Services of the North Shore

Phone: 604.988.5281

Fax: 604.988.3961

Email: hine@familyservices.bc.ca or bruchet@familyservices.bc.ca

Family Services of the North Shore is an accredited not-for-profit community based agency that offers counselling, education and support services. We also lead the provincial work in eating disorders prevention. Family Services of the North Shore has been caring for the community for over 60 years. Our high-profile, proactive presence throughout the province connects the community through a variety of programs that create an environment for all families and individuals to thrive.

We recognize the continuing contribution of the City of North Vancouver, District of West Vancouver, District of North Vancouver and the financial assistance of the Province of British Columbia.



Caring for our Community

203 – 1111 Lonsdale Avenue
North Vancouver, BC V7M 2H4
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www.familyservices.bc.ca



FamilyServicesoftheNorthShore



FSNorthShore

Family Services of the North Shore

Youth Leadership Advisory Board: youthLAB

Additional Information

Why we're doing this:

We know that mental health issues are significant for young people in BC. Anxiety, depression, eating disorders, difficult family circumstances and abuse can impact every aspect of the lives of youth. We also know youth often don't get the help they need because they don't have the money, knowledge, transportation, legal status or safety to reach out. We want to do a better job of letting them know where to get help, and we need your help figuring out the best way to do it.

Why we need you:

We believe youth know best how to help other youth. Your knowledge and opinions will be the key ingredients guiding us to communicate with young people in ways that are meaningful and relevant to them.

Who we are:

Family Services of the North Shore (FSNS) is an accredited, not-for-profit, community based organization. For over 60 years, we have provided counselling, support and education to the North Shore Community. We serve three municipalities: the City of North Vancouver, District of North Vancouver, the District of West Vancouver, as well as the Village of Lions Bay and Bowen Island. Through our Jessie's Legacy program, we also lead the work in eating disorders prevention for the Province of British Columbia.

FSNS offers a broad range of services to children, youth, adults, couples and families from a diverse array of cultural and economic backgrounds. Our programs range from the early years to end of life care. The Agency develops programs and services that respond to community need, emerging issues and current demographics. We served over 7,600 clients last year. Each year over 300 volunteers give 16,000 hours of service to the Agency. To learn more about us, please visit: www.familyservices.bc.ca

Important dates:

1. Friday, May 22nd, 2015: Application deadline. Please ensure we have received your application form and reference letters by that date.
2. We will review all applications and then set up interviews with short-listed applicants.
3. Friday, June 19th, 2015: Final decisions are made! We'll call successful applicants by Wednesday, June 24th, 2015. All others will be notified via email.
4. Twice-monthly meeting dates (on Thursdays) for 2015/2016 to be announced.

Family Services of the North Shore Youth Leadership Advisory Board

Application: First name: _____ Last Name: _____

Street Address: _____ City: _____ Postal Code: _____

Home Phone #: _____ Cell #: _____ Email: _____

What grade will you be starting in September 2015? _____ At what school? _____

How did you hear about YouthLAB? _____

List some community activities you been involved with: (volunteering, work, etc.)

Activity	Location	Dates of involvement

What idea, issue or problem in your community or school are you most inspired or worried about?

Tell us why you are interested in joining our Youth Leadership Advisory Board:
(If you need more space for the last 2 questions, please include another sheet)

Applicant Signature: _____ Applicant Name: _____ Date: _____

Parent/Guardian Signature: _____ Parent/Guardian Name: _____

Contact #: _____

We'd also like to hear from other people about you:

Please include **two reference letters** (see the attached reference letter template) with your application form. These can be from a teacher, school counselor, sports coach, music teacher, boss, volunteer supervisor, youth group advisor, or other person you know from the community.

*We must receive your completed forms by **May 22, 2015**. Please fax, mail or drop it off at Family Services of the North Shore along with your reference letters:
Shelley Hine or Erin Bruchet
Family Services of the North Shore, #203-1111 Lonsdale Avenue
North Vancouver, BC V7M 2H4
Phone: 604.988. 5281 ext. 204 Fax: 604.988.3961*

