

Youth Volunteers Needed!

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 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 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 10 to 12 during the 2018/2019 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 our youth communication and outreach plan.
- Developing Leadership, Communication, and Public Speaking skills.
- Developing relationships with other members of your YouthLAB cohort.
- Earning 60 (+) community service hours (September 2018 through May 2019).
- 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 2018

Meeting Time: 4:30 – 6:30pm (snacks 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 be part of 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 Ext. 212

How do I apply?

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

Shelley Hine or Erin Bruchet

Coordinators, Safer Places for Children & Youth

Family Services North Shore

Phone: 604.988.5281 Ext. 212

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
205 – 1111 Louisa Avenue
North Vancouver, BC V7M 2H4
Phone: 604-988-5281
Fax: 604-988-3961

www.familyservices.bc.ca



FamilyServicesoftheNorthShore



FSNorthShore

Family Services 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 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 diverse 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 8,700 individuals and families last year. Each year over 300 volunteers give 16,000-plus hours of service to the Agency. To learn more about us, please

visit: www.familyservices.bc.ca

Important dates:

1. **Friday, June 29th, 2018: Application deadline.** Please ensure we have received your application form and reference letters by this date.
2. We will review all applications and then set up interviews with short-listed applicants.
3. **Friday, August 4th, 2018:** Final decisions are made! We will then call all successful applicants. All others will be notified via email.
4. Twice-monthly meeting dates (on Thursdays) for 2018/2019 to be announced.

Family Services North Shore Youth Leadership Advisory Board

Application: First name: _____ Last Name: _____

Street Address: _____ City: _____ Postal Code: _____

Home Phone #: _____ Cell/Text: _____ Email: _____

What grade will you be starting in September 2018? _____ 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: _____

Parent/Guardian 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 Friday, **June 29th, 2018**. Please fax, mail, scan & email, or drop it off at Family Services North Shore along with your reference letters:
Shelley Hine or Erin Bruchet (hine@familyservices.bc.ca)
Family Services North Shore, #203-1111 Lonsdale Avenue
North Vancouver, BC V7M 2H4
Phone: 604.988. 5281 ext. 212 Fax: 604.988.3961

Family Services North Shore

Youth Leadership Advisory Board Reference Letter

Name of youth applying: _____

Dear Referee,

You have been asked to write this letter as part of an application for *Family Services North Shore's* Youth Leadership Advisory Board (YouthLAB). In this 9 month volunteer group YouthLAB members will work together with clinical staff at *Family Services North Shore* to develop a strategic plan for raising awareness of mental health issues in our community and for outreach to youth who need help but may not know how to access it. Our first meeting is planned for September 2018.

If you have any questions or concerns about this form or the program itself, please contact Shelley Hine or Erin Bruchet at *Family Services North Shore* 604-988-5281.

How long have you known this youth? _____

In what capacity do you know him/her? _____

Please tell us a little about this youth. We are especially interested in knowing about her/his ability to work with others and to commit to a project or activity once begun. Examples of your experience are welcome. *(If you require more space, please feel free to attach a second sheet)*

Referee Signature: _____ Referee Name: _____ Date: _____

Your Contact Number: _____

Thank you for taking the time to complete this form.

This form must be received by Family Services North Shore by June 29, 2018.

You can:

- . Fax your reference to Shelley Hine or Erin Bruchet at 604-988-3961.
- . Email it as an attachment to Shelley Hine at hine@familyservices.bc.ca .
- . Return it to the youth in a sealed envelope for inclusion with the rest of their application.