

Youth Volunteers Needed Youth Leadership Advisory Board: YouthLAB

Family Services North Shore is looking for 12 passionate and engaged youth who care about social justice and mental health. As a part of YouthLAB you will become trained as a change agent within your community on mental health topics that address and respond to challenges relevant to youth right now. YouthLAB's goal is to reach other youth through meaningful community engagement by offering opportunities for learning through arts collaboration, building awareness, reducing stigma and dialogue.

Are you:

- Entering grade 10 to 12 during the 2021/2022 school year?
- Figuring out how to get your community service hours?
- Interested or open to working in the arts as an agent for learning, change and engagement? (visual arts, writing, story-telling, music, videography, photography)
- Someone who has a passion for increasing their understanding of topics related to psychology, mental health and trauma?
- Wanting to be part of an exciting community initiative?

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



As a YouthLAB member you will be:

- Learning through participation about mental health topics from our professional counsellors and guest speakers.
- Advocating for the needs of other youth in your community.
- Developing leadership, communication, public speaking skills and exploring creativity as a method for learning and engaging our communities
- Developing relationships with other members of your YouthLAB cohort.
- Earning up to 50 volunteer hours (September 2021 through June 2022), making an impact in your community.

The details:

- **How much time per month?**
About 5 hours

- **When will we meet?**

Two Thursday evenings per month, starting September 30th, 2021

- **Where?:**

Due to the COVID-19 pandemic we are currently running the program via Zoom. If the situation changes, we will meet in person at Family Services North Shore, located at 203-1111 Lonsdale Ave.

You will need internet access, a device (computer, tablet or phone) that supports video calls and a private space for our meetings. *If you need support with these please let us know and we can discuss alternatives.

- **Meeting Time:** 4:30 – 6:30pm

You will gain volunteer hours by meeting biweekly with the group. Outside of our meetings you will be reading and responding to other YouthLAB members via email and phone, working on the project in your free time, and taking part in some interesting community outreach opportunities when possible.



To apply or ask questions use the contact below:

Print and complete the attached application form. You can also find it on our website (<https://www.familyservices.bc.ca/find-support/youth-support/>). Then mail or email to:

Family Services of the North Shore

203-1111 Lonsdale Ave, North Vancouver, BC V7M 2H4

YouthLAB Coordinators

Jenn Hamman. Hamman@familyservices.bc.ca Cell: 236.995.9742

Susan Salazar Salazar@familyservices.bc.ca Cell: 236.991.9840

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.



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www.familyservices.bc.ca

 [FamilyServicesoftheNorthShore](https://www.facebook.com/FamilyServicesoftheNorthShore)

 [FSNorthShore](https://twitter.com/FSNorthShore)

Additional Information YouthLAB

- **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, trauma 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 your peers know that they are not alone in their experience and that support is available. We are aware that the pandemic has had a significant impact on youth mental health and has increased barriers to services.

- **Why we need you:**

We believe youth know best how to help other youth. YouthLAB is an opportunity to reach out to other youth in meaningful and relevant ways through education and community arts engagement.

- **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. 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. **Wednesday, June 30th, 2021: Application deadline.** Please ensure we have received your application form and reference letter by this date.
2. We will review all applications and then set up Zoom interviews with short-listed applicants.
3. **Wednesday, September 1, 2021:** All successful applicants will be notified by this date. All others will be notified via email.
4. Twice-monthly meeting dates (on Thursdays) for 2021/2022: to be announced.