



YOUTHspeak

YOUTHSPEAK'S FOUNDER

YouthSpeak was inspired by the Founder, Una Wright's personal experience within her family. In amongst many challenges, her son Gavin was one of the first youth speakers sharing his story during their inaugural year, until he died on his 19th birthday in a weather-related car accident – July 18th, 2004. Ten years and two months later her eldest son, Kyle took his own life. He struggled with bipolar disorder for many years.

Giving value and meaning to these challenges is a founding principle behind this work. When a personal story is shared with a message of strength and hope, it empowers others to face their life's difficulties with greater resilience. To date, YouthSpeak has reached over 300,000 individuals.



Una Wright



When a youth is going through challenges in mental health, bullying or addiction, a personal connection to someone who shares their story and a message of hope, helps them to feel less alone. This can make a life-saving difference in a young person's life.

WHO ARE WE?

YouthSpeak Performance Charity promotes youth mental health and well-being through programming that is '**for youth, by youth**'.

YouthSpeak provides programming to increase the resiliency of youth facing challenges.

Through leadership, training, and sharing personal stories, YouthSpeak empowers youth to **build resilience, hope, and coping strategies** in challenging times.



WHAT WE DO

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Youth Assemblies & Workshops

During school assemblies and workshops, trained youth speakers deliver interactive presentations to share their personal mental health journeys and self-care strategies.

Topics cover mental health & wellness, coping with the new normal, bullying prevention, substance use, online overdrive, racism, and others.

***Virtual offerings available** in response to COVID-19 pandemic.



Caring Adult Workshops & Resources

Trained facilitators provide workshops for parents, educators and other caring adults on creating a safe space for youth, building positive relationships with youth, and supporting youth.

The facilitators also share their personal stories and provide take home resources, such as "tip sheets".

***Virtual offerings available** in response to COVID-19 pandemic.



Youth Training & Employment

YouthSpeak provides paid employment and training opportunities for its 20+ youth speakers and facilitators who face barriers due to mental health, addiction and other related challenges.

We provide leadership, facilitation, and professional skills training to all our employees, who represent a diverse range of communities, backgrounds and experiences.



Podcast-Spotify + YouTube & IG Live Talks

Weekly interviews with trained youth speakers who lead discussions and share their personal stories and self-care strategies related to relevant topics such as Mental Health & Wellness; Bullying Prevention; Online Issues; Anti-Racism; Substance Use; Body Image; Healthy Relationships; and more.

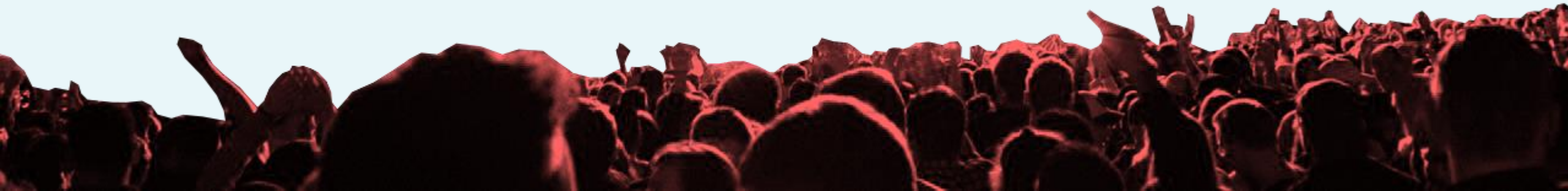


Peer-Led Support Group

Weekly groups provide youth with a safe space to speak about challenges they may be facing, as well as learn about coping tools and resources. Youth Facilitators, who can relate to the challenges and struggles of being a youth in today's world address relevant topics as well important learning components such as setting boundaries, healthy communication, social media safety.

WHY IT MATTERS

Now, more than ever, youth are facing mental health challenges as COVID-19 has created new stressors, equity and online issues have increased, and concern about their futures – there is so much for them to navigate.



COVID-19 IMPACT ON YOUTH

"Youth experiencing mental health challenges in today's world, especially with the onset of COVID-19 is overwhelming. Anxiety is impacting even younger children and the stress and trauma of this current situation will remain after this is over."

- Search Institute, 2020

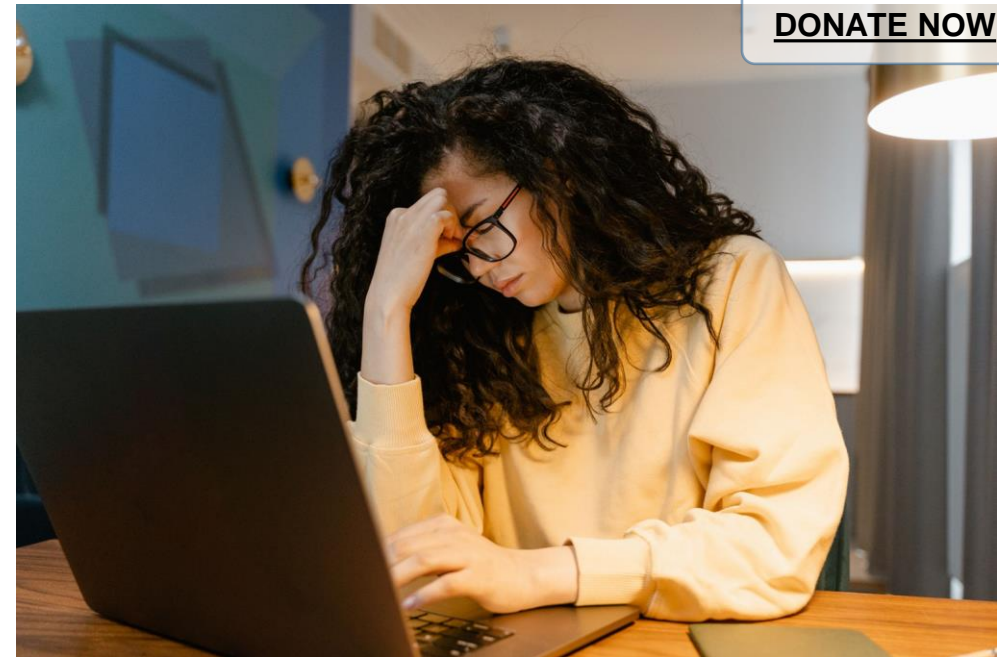
"Nearly two-thirds of youth said that their mental health had gotten worse since the pandemic. Over 60 percent of youth reported feeling a combination of worried, upset, sad and angry about the abrupt end to the school year, ability to see their friends, and uncertainty about the future."

- Charity Village, 2020

*"Young people are **more likely** to experience **mental illness and/or substance use disorders** than any other age group. Without access to support or resources, many will turn to **negative coping strategies**, including self-harm, substance misuse and even suicide."*

- CMHO, 2020

[DONATE NOW](#)



WANT TO MAKE A DIFFERENCE?

You can make a difference in the lives of youth across Canada.

A small contribution can have a huge impact on increasing the resilience of youth.

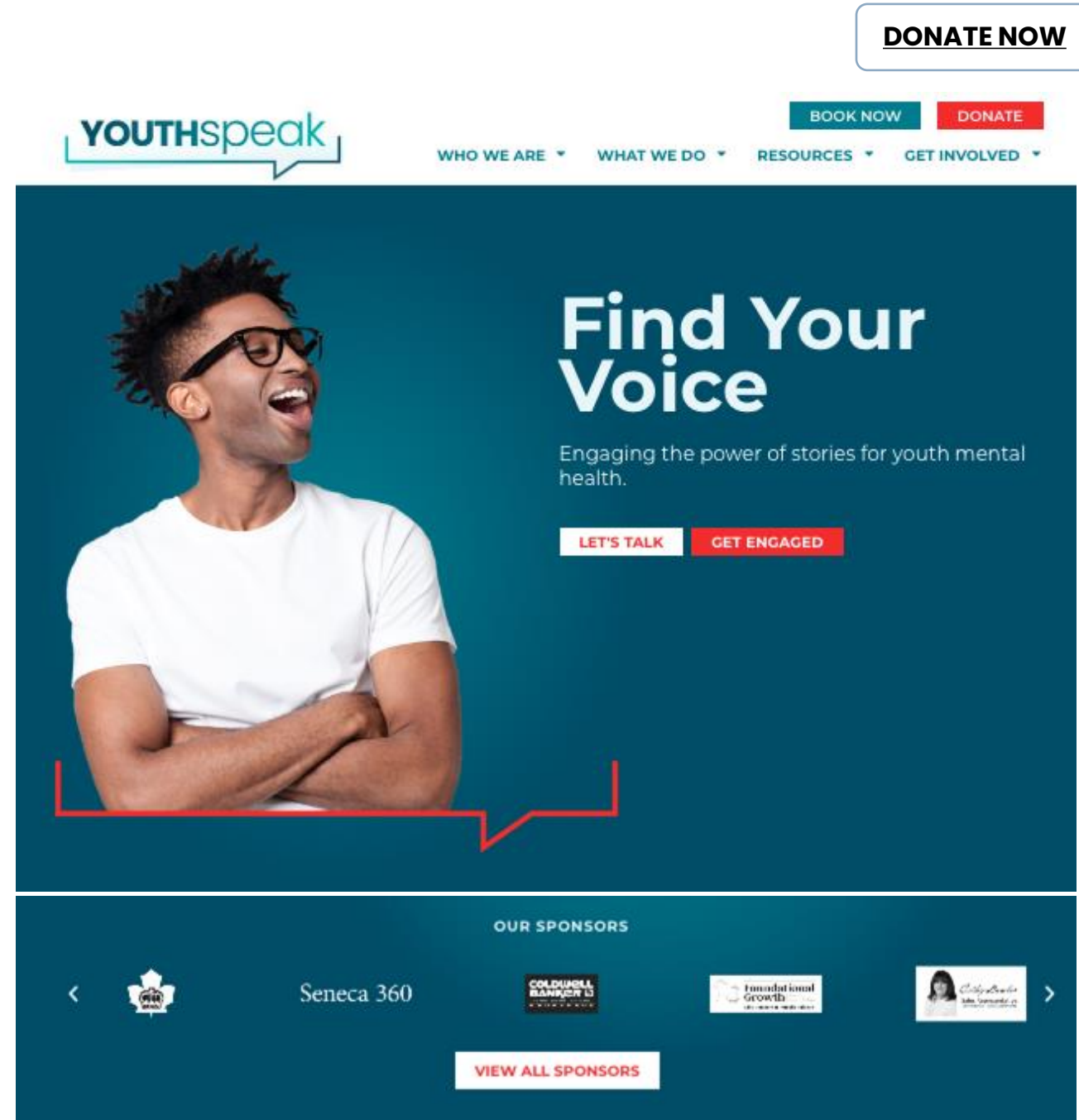
Help us to support youth so they become strong leaders to carve a new path.

[DONATE NOW](#)



Benefits of Sponsorship

- ✓ Verbal and visual recognition on all YouthSpeak social media platforms and on all event materials as main sponsor
- ✓ Special acknowledgement and link to company website in our newsletter that reaches over 1,500 subscribers
- ✓ Photo op and/or promo video interview for sharing



The screenshot shows the YouthSpeak website homepage. At the top right, there is a "DONATE NOW" button. Below the header, there are navigation links: "WHO WE ARE", "WHAT WE DO", "RESOURCES", and "GET INVOLVED". The main hero section features a large image of a young man with glasses and a white t-shirt, smiling and looking upwards. To his right, the text "Find Your Voice" is displayed in large white letters, followed by the tagline "Engaging the power of stories for youth mental health." Below this, there are two buttons: "LET'S TALK" and "GET ENGAGED". At the bottom, there is a section titled "OUR SPONSORS" which displays a carousel of logos for various sponsors, including Seneca 360, Goldwell Bank of Canada, and others. A "VIEW ALL SPONSORS" button is located at the bottom right of the carousel.

YOUTHspeak

BOOK NOW DONATE

WHO WE ARE WHAT WE DO RESOURCES GET INVOLVED

Find Your Voice

Engaging the power of stories for youth mental health.

LET'S TALK GET ENGAGED

OUR SPONSORS

< Seneca 360 GOLDWELL BANK OF CANADA FOUNDATIONAL GROWTH >

VIEW ALL SPONSORS

HOW TO DONATE – CORPORATE



Corporate sponsorship
for schools in the area



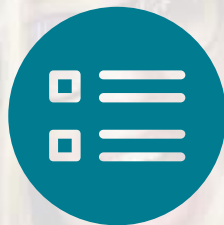
Team building events at
conferences & town
halls



Fundraising Dinners



Corporate funding and
grant applications



Employee matched
donations



Project Funding

HOW TO DONATE – INDIVIDUAL



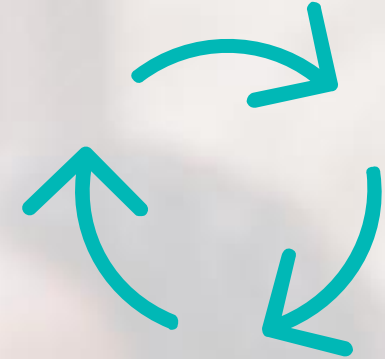
One Time Donation

- Overall programming
- Event sponsorship
- In-Kind Donations
 - Time
 - Resources
- Charitable Tax Receipt



Monthly Donation

- Automatic monthly payments through CanadaHelps
- Annual charitable tax receipt



Sponsorship

- Sponsor a school for an assembly
- Charitable tax receipt

Youth-Led Public Speaking Course – \$10,000

Your support towards the Youth-Led Public Speaking Course will help us create and offer this unique and new service to youth. It will provide a youth with a unique opportunity to develop skills that will help them prepare for real-world success.

We would like to transform our current For-Youth-By-Youth Public Speaking Workshop into a 6-week course. The course would provide much more extensive learning for youth to develop skills that are transferable, relevant and useful in building their confidence, self-esteem and presentation skills. During this course, participants will discover their inner strengths and abilities; learn tools for dealing with self-doubt and nervousness; and learn to present their thoughts and ideas in a coherent and effective way.

Partnership Lead – \$25,000

Your contribution to supporting the Partnership Lead role will help us to forge new and developing partnerships by allowing the Role to outreach further than we are currently financially able to.

The Partnership Lead will work collaboratively and strengthen relationships with key community partners such as School Boards, youth-serving community organizations, and sponsors. In response to these challenging times, when the need to support youth mental health is rising exponentially, we need to work together to create awareness, safe space for youth and to connect youth in need to mental health services.

In today's world, this is imperative in saving lives, decreasing the hardships for families and communities, and in saving in education, health and justice systems when youth have the tools to cope and support systems in place to face life challenges.

Youth Facilitators – \$45,000

Your contribution to supporting the Youth Facilitators will help to provide meaningful employment to youth who face barriers, providing them with a skill-building, safe and supportive work environment so they can pay-it-forward to other youth who face challenges.

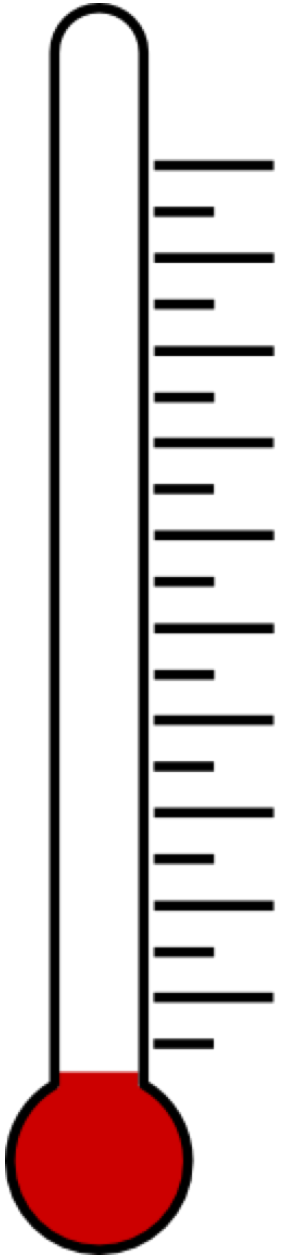
Our growing team of Youth Facilitators are vital in the development and delivery of impactful programs. By sharing their personal stories and coping strategies, they empower youth and provide messages of hope and empathy. They are instrumental in getting youth who are struggling connected to help and contributing to the overall mental health and well-being of youth in our communities in a way that is unique because youth connect better with other youth.

Team Manager – \$45,000

Your contribution to supporting the Team Manager role will help make a difference in positioning YouthSpeak to improve our impact and provide high-quality programs for youth.

The Team Manager will support our strong, diverse team of Youth Facilitators in their pivotal work making a difference for youth mental health and well-being. The demands on the team have increased tremendously during the current times as they are called upon to address sensitive issues such as Anti-Racism and Anti-Homophobia. Along with the need for our team to be creative and adaptable, our organization must align program content and delivery with Mental Health and Equity Principles. The Team Manager position will ensure more extensive training, coaching and support for the team in order for them to become trailblazers for youth in our changing world.

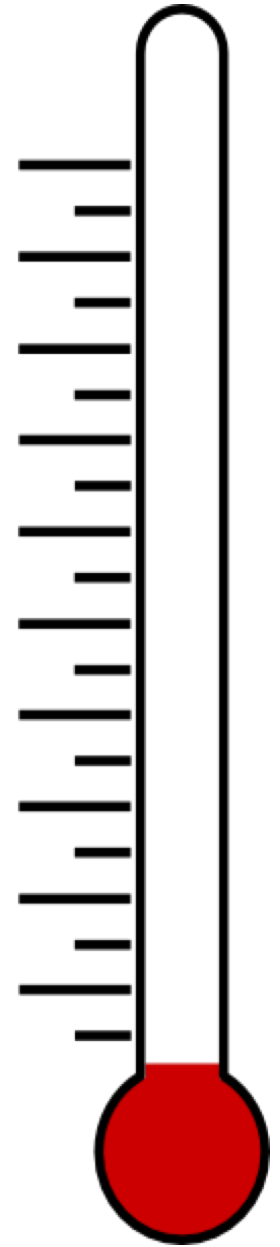
[DONATE NOW](#)



FUNDRAISING GOAL

September 2021 – August 2022

\$125,000





YOUR DONATION...

Will help our total reach surpass 318,000+ youth and create important conversations promoting well-being, compassion and hope

“The presentations were excellent! The stories, information and manner was outstanding. Feedback from staff also supports my thoughts and feelings. The presenter stories were touching and powerful and memorable analogies used, leaving their mark motivating the audience to be active agents for change and for their own well-being! Thank you for inspiring us to stand up and speak out for justice, inclusion, and well-being!”

– Mary Oppedisano, Principal, Johnsvie Village PS



YOUR DONATION...

Will help us surpass our total number of 2,900 speaking engagements on youth mental health

"Thank you for sharing your personal stories in such an eloquent and inspiring manner. We have received incredible feedback from those who attended the event, indicating how meaningful your presentation was and how impactful it was to the overall event. Thank you to all and keep up the wonderful work!"

*– Provincial Coordinator for the ICRS,
Ministry of Children and Youth Services*



Lolita



Varinder



Alex



Serwaa



Asma



Jason



Hibba



Shaina



Quinton



Michael



Adam



Sumaira



Shabnam



Angelica



Hami



Taylor



Shawn



Emma



Varahi

YOUR DONATION...

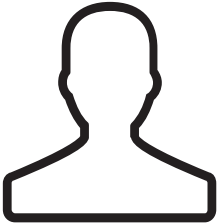
Will train help us surpass our total of 1,000+ Youth leaders to lead and engage students on discussions around mental health

"I love the positivity and being kind messages, being kind to others. I think it went so well. During online learning it's difficult to have students engage - I loved the online activities because I thought it was such a fun way to engage even the shy students. I was so happy with today's presentation - thank you again!"

- Elizabeth Pereira, St. Joseph's College School

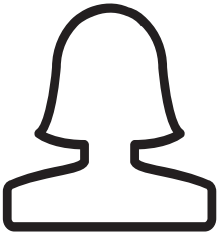
TESTIMONIALS

[DONATE NOW](#)



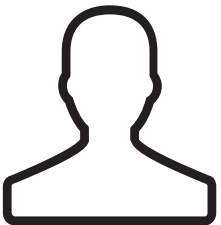
Youth Speaker #1

"My mental health journey started with YouthSpeak, where I took the time to understand and own my experiences. Writing my story helped bring awareness and recognizing to myself."



Youth Speaker #2

"YouthSpeak has changed my life in many ways. Sharing my story has helped me find my voice, and writing it has helped me process my traumas."





Youth Speaker #3

"Most of all YouthSpeak has given me hope. I see more understanding in schools than when I was present, and that is how I know our message is working. "

HOW TO CONNECT

Learn more: youthspeak.ca

Engage with us:    

DONATE NOW

Phone: (905) 967-0604
Email: office@youthspeak.ca