

Youth Mental Health: An Inside Look

Youth Perspectives and Actionable Tools for Parents/Caregivers

Program Outline

This **youth-led interactive session** will provide parents and caregivers with a deeper look into youth mental health. Youth speakers will share personal stories of what helped them navigate their mental health challenges with a message of hope, empowerment and resilience.

Parents/Caregivers Will

- ✓ Bridge the Gap in Understanding & Empowering Youth
- ✓ Improve Communication & Boundary Setting
- ✓ Increase Support by Creating a Safe Space
- ✓ Access Online resources

★ **Parent Playbook eBook included**

“ [Youth Facilitators] made our parents feel comfortable right from the start. They shared their personal stories...that made it easy for our community to relate to...I would certainly have them again. **We appreciated the perspective of young people in developing our capacity for creating safe spaces for the young people in our lives!**

– Emile Ferlisi, **Principal**, South River PS

TRAINED YOUTH SPEAKERS SHARE PERSONAL STORIES

Key Takeaways



A Youth Perspective

Youth speakers share their lived experiences navigating challenges and journey, growing up in today's world.



Positive Communication

Valuable insights from our youth speakers on conversations that strengthen connection to increase mental health literacy.



Creating a Safer Space

Highlights various ways parents and caregivers can be supportive towards their youth by increasing acceptance and reducing stigma.

ONE CONVERSATION AWAY FROM HOPE.