



Where We Are

● Lower North Shore
coastersassociation.com

Contact

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About the Coasters Association's Project

The Coasters Association took a preventive approach to mental health and wellness. They expanded on programs and services already being provided to children, youth, and seniors, and extended them to the adult population 29 and over as this was the age demographic on the Lower North Shore receiving little to no programming surrounding the topic of mental health.



Promising Practice

Coasters is building an infrastructure space, specifically for youth ages 15-35, called the Basse-Cote-Nord Youth Hub. This space is completely youth involved from the development of a committee, organizing events, voicing what activities they would like available, to maintaining the space. This empowerment, along with the connections that youth will be able to create as a result of this undertaking, will have a positive effect on their mental health.

★ **Key Success Factors**

- Strong partnerships
- Youth empowerment



Giving youth a voice and leadership opportunity to create something of their own and feel that they are of value to their community will contribute to their mental health.