



Where We Are

● Provincial/Quebec
y4yquebec.org

Contact

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About the Youth for Youth (Y4Y) Québec Project

Y4Y aspired to mobilize the English-speaking community in Québec around issues that impacted the community's vitality. They aimed to create a strong sense of community belonging to allow youth to feel like they were part of Québec society. This project set out to create accessible opportunities led by youth ages 16 to 30 for community involvement/connection through activities that directly and indirectly promoted mental health and well-being.



Promising Practice

Y4Y's youth-led community events showed potential as promising practices. These events offered a variety of active and artistic activities to combat the isolating effects of COVID-19. The Wellness Liaisons organizing the events were part of the English-speaking youth community in Québec themselves. Due to this knowledge and background, they were able to host events that got youth back out into their communities to socialize, get creative, get active and promote the importance of mental well-being.



The project reinforced Y4Y's understanding that youth-led initiatives are best suited to serve the English-speaking youth community. As a result of being youth-led, the project activities and objectives benefitted with high attendance and interest.

★ Key Success Factors

- Peer representation among community liaisons
- Youth-led events and activities
- Youth engagement