



Strong Minds Strong Kids, Psychology Canada Youth Advisory Council

[Strong Minds Strong Kids, Psychology Canada](#) is seeking volunteer members for our new Youth Advisory Council. The role of this council will be to provide insight into the needs of youth in *nurturing resilience in children and youth*.

We are constantly working to ensure our evidence-based and evaluated programs maintain relevance and value to the children and youth that they were designed for. Being a member of this Advisory Council will give you the opportunity to be a representative for your community.

In this role, members of the council will:

- Provide a young person's perspective of existing programs and new program ideas;
- Provide ideas on program and service improvements to better serve children and youth;
- Engage with your communities and champion Strong Minds Strong Kids programs and services;
- Make use of your connections with classmates, friends, and parents to ensure programs and services continue to align with the mission of nurturing resilience in kids and youth;
- Implement learnings of Strong Minds Strong Kids programs and services with other young people to expand reach of the programs;
- Provide insights that are reflective of current trends, needs, and interests of kids and youth.

We are looking for youth ages 13-17, who can commit to meeting online 4 times per year for at least one year commitment (August 2022). The first meeting for the Advisory will be on August 12th, 2021 at 4 pm EST.

Our programs:

Make the Connection®: puts researched information into down to earth messages and activities which can be used with parents to help them connect with their young child in simple and pleasurable ways. In addition, it helps parents engage in conversations about the emotional demands of parenting and what makes it difficult to nurture a young child.

Kids Have Stress Too! Preschool, Kindergarten and Parent Program: Provides a comprehensive introduction to key aspects of early childhood and brain development, as well as the crucial role caregivers and educators play in helping children learn effective stress-management strategies. Designed to meet the needs of early childhood educators and kindergarten teachers.

Kids Have Stress Too! Tools and Activities for Classrooms Grades 1 to 6: Provides educators with strategies to help create an emotionally-healthy environment in their classroom by promoting self-regulation and developmentally appropriate stress-management skills and strategies.

Stress Lessons Grades 7 to 12: Provides educators with a student-centred inquiry-based approach to teach stress-management strategies and skills and build emotional resiliency in their students and themselves. Full of psychologically-sound strategies and tools, this resource will help teens develop resilience and positive coping skills.

If you or someone you know is interested in this volunteer opportunity, please apply by [filling out this form](#) by July 16th at 11:59 pm EDT. Please reach out to Pamela Sariyannis, Coordinator of Programs and Community Partnerships (pamela.sariyannis@strongmindsstrongkids.org) if you have any questions.

Strong Minds Strong Kids, Psychology Canada
From The Psychology Foundation of Canada
3219 Yonge St. Suite 228 Toronto ON, M4N 3S1
Tel: 416-644-4944 Email: info@strongmindsstrongkids.org
Charitable registration number 88921 2395 RR0001