YOUTHRIVE
BIPOC Mental Health Services



THRIVING WELL
BY YOUTHRIVE & CITY SCHOOL

EMPLOYMENT & WELLBEING PROGRAM DESIGNED FOR AND WITH CONSULTATION FROM BLACK, INDIGENOUS AND RACIALIZED (BIPOC) YOUNG FOLKS

Program Outcomes

- Education pathways preparation
- Wellness skill building workshops
- Employment pathways preparation
- Short-term YMCA membership for physical wellness

This is a 7-week workshop series for Black, Indigenous, and Racialized (BIPOC) youth offering personal, professional, and wellbeing development. This in-class learning opportunity will allow you to connect with other like-minded youth in your community as you work together to develop skills to assist you with both employment and education pathways that may interest you. You will also have the opportunity to talk about education and employment barriers and strategies that relate to your wellbeing as a BIPOC youth.

Program Perks!

- Dinner, snacks and bus fare included in program
- **Upon completing this program will receive a $400 honorarium – just for full attendance!**
- Free short-term access to the YMCA

Starting July 4 until August 16
Tuesdays and Wednesdays
from 10 am - 4pm

Visit the webpage for details and registration or email:
sara.ali2@mohawkcollege.ca

St. Joseph's Healthcare Hamilton | Youth Wellness Centre
Thrive Child and Youth Trauma Services
City School by Mohawk College