

# @HAMONTYOUTH NEWSLETTER

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## FROM THE YOUTH ENGAGERS

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Over the last 10 months, I have had the unique privilege of being a Youth Engager, working with an incredible team at @hamontyouth, and within the Healthy and Safe Communities Division.

Collaboration was crucial to our success. Our team, consisting of; The Xperience Annex, LEAP, and our OW Youth Case Manager, focused on engaging directly with young people to understand their concerns and ideas.

Our team organized and participated in various outreach initiatives in the community. This hands-on approach strengthened our connections and empowered young voices. We also leveraged Instagram to share and amplify available opportunities, reaching a wider audience and fostering greater engagement.

The energy and passion of my teammates made every challenge feel surmountable and continues to inspire my passion for frontline community work! As I leave this role, I feel immensely grateful for the mentorship and guidance that the Youth Team and Youth Strategies team has provided me, both professionally and personally.

I will deeply miss working, laughing, and learning alongside them, but once an engager- always an engager! I look forward to seeing all the impactful work my fellow engager Hannah and this team will continue to do, both in the community and behind the scenes.

With appreciation, Zahraa.

October 2024 | Give us feedback here!



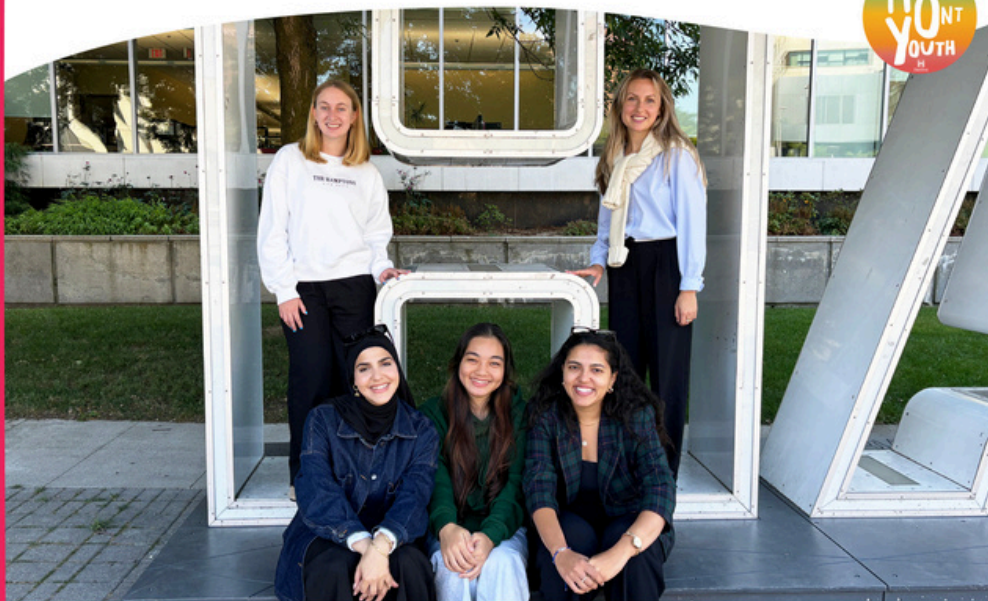
Second Annual  
**HamOntYouth  
Summit**

PRESENTED BY:



SUPPORTED BY: **alectra**

**TUESDAY, OCTOBER 22, 2024**  
[www.hamilton.ca/Youth](http://www.hamilton.ca/Youth)



**Presented by The City of Hamilton, HamOnt Youth, RBC and Alectra, join us for the 2nd annual HamOnt Youth Summit Presented by RBC, designed by youth- for youth. This is a chance for youth to share ideas, take action, and create a better future for Hamilton!**

 **Tuesday, Oct 22, 2024**

 **HWDSB Education Centre**

 **8:30am - 3:30pm**

**Limited spots available through all Hamilton high schools & alternative education sites. Free registration, lunch, and transportation included! Learn more at [Hamilton.ca/Youth](http://Hamilton.ca/Youth)**



# INCREASING MENTAL HEALTH AND ADDICTION SERVICE AND ACCESS

## PROJECT AIM

To understand barriers in accessing care through the Mental Health and Addiction Program (MHAP) at St. Joseph's Healthcare Hamilton (SJHH) for those who identify as 2SLGBTQ+ and Indigenous

## YOUR INVOLVEMENT

### DO YOU...

- Identify as 2SLGBTQIA+?
- Live in the Hamilton area?
- Have feedback about mental health services at St. Joseph's Healthcare Hamilton?

### IF YES, YOU ARE INVITED TO...

- Attend a 3 hour feedback session to discuss barriers to equitable mental health care
- Help us co-plan and co-develop potential solutions to identified barriers

## FAQ

***Will I be compensated for my feedback and involvement?***

Yes, you will receive an honorarium for your participation.

***What do I do if I'm interested in participating?***

Please scan or click on the QR code below to complete a short survey, or contact Jersee (hillj43@mcmaster.ca) for more information.



St. Joseph's  
Healthcare  Hamilton

McMaster  
University 



JOIN US FOR OUR ANNUAL

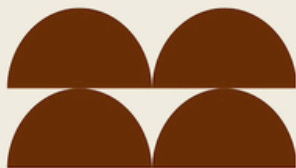
# HARVEST PARTY

Saturday

**OCT.  
26TH**

10AM - 2PM

**Biindigen Hub:  
785 Britannia Ave,  
Hamilton, ON**



**FREE  
BBQ**

**FAMILY FUN  
PARTNER TABLES  
FALL ACTIVITIES  
PRODUCE MARKET**



**McQuesten  
Urban Farm**

[www.mcquestenurbanfarm.ca](http://www.mcquestenurbanfarm.ca)



**NIWASA**  
Kendaaswin Teg





# JOIN OUR RESEARCH STUDY!

## ★ WHAT IS THE STUDY ABOUT? ★

To understand the types of discrimination that youth experience in Hamilton, how this impacts their mental health, and strategies that can be used to prevent these impacts.

### WHAT WILL YOU BE ASKED TO DO?

- Attend three, 2-hour focus groups over 3–4 months.
- Discuss where young people experience discrimination, how this impacts them, and how they cope with these experiences.
- Participate in creative activities.

**Participants will be compensated \$50 per focus group. Food and transportation will be provided.**

### TO BE ELIGIBLE, YOU MUST:

1. Be 16-24 years old.
2. Live in Hamilton, Ontario.
3. Be able to participate in virtual or in-person research activities.

### SCAN THE QR CODE TO ACCESS THE APPLICATION:



Link: <https://redcap.link/i45wokh7>

**Questions? Contact Emily at [sulloe@mcmaster.ca](mailto:sulloe@mcmaster.ca)**

**This study is brought to you by:**



**This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project #17582.**



October 19<sup>th</sup>, 2024



Canadian  
Heritage

Patrimoine  
canadien

# CHARGED UP FOR CHANGE



## ARE YOU READY TO MAKE A DIFFERENCE?

Join our empowering youth forum designed to equip young leaders like you with the tools, knowledge, and confidence to advocate for Diversity, Equity, Inclusion (DEI), and Anti-Racism in your community and beyond.

Featuring a keynote address, panel discussions,  
a delicious lunch & art inspired workshops.

10:30AM - 1:30PM

Located at McMaster University  
Office of Community Engagement  
(OCE). 1 James Street North  
(Second Floor) Hamilton, ON

FREE EVENT

SCAN TO REGISTER!



For more information: [accayouthforum@gmail.com](mailto:accayouthforum@gmail.com)

In Partnership with:



Sisters  
in Sync



# JA COMPANY PROGRAM



JA  
South Western  
Ontario

Member of  
JA Canada

**Start to dream. Start to connect. Start a community. Start a business.  
Start Here.**

JA Company Program empowers youth in grades 9-12 with the experience, skills, and confidence to achieve!

## Over 18 weeks, you will:

- Meet like-minded students
- Connect with business mentors
- Start your own business as a team

## And along the way you will:

- Qualify for awards and scholarships
- Make some awesome connections that will help you succeed!

## Program Details

- Program runs from:  
**October 29th - April 1**
- **Timing:** Tuesday evenings,  
6:30-9:00pm
- **Location:** McMaster  
University

REGISTER HERE:



**Start a business. Start a brighter future.  
START NOW WITH JA COMPANY PROGRAM.**

[jaswo.org/company-program/](https://jaswo.org/company-program/)





# YMCA NEWCOMER YOUTH CENTRE

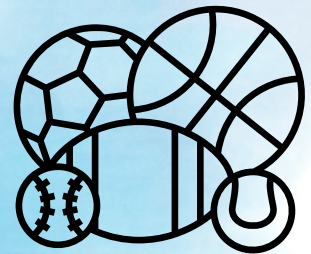
Through their participation in the NYC, newcomer youth receive information and support in accessing other social services, and community resources. Youth are also provided the opportunity to participate in activities, which enables them to meet their peers, develop new social connections and friendships, and get involved in the community through volunteering.



**Homework  
Help**



**Volunteer  
Information Sessions**



**Sports  
Programs**



**Trips and Events**

**LEARN MORE**





# ***Library Volunteer Opportunities for Teens!***

[Teen Tech Tutors](#)

[Teen Review Crew](#)

[Teen gaming Volunteer](#)

[Knit for a Cause!](#)

**Do these opportunities interest you?**

**If so...**

[Click here](#) to explore more  
volunteer opportunities  
for youth and adults at the  
Hamilton Public Libraries!



Community Supports:

# Ask a Professional

Mental Health Counsellors



Bring your child to an Ask a Professional session and talk to a Mental Health Social Worker for free.

**Fri. October 18 | 9:30 - 11 am**  
Ellis, 45 Ellis Ave.

**Fri. November 15 | 9:30 - 11 am**  
Bernie Morelli, 876 Cannon St. E.

**Thu. December 5 | 10-12 noon**  
Beasley, 145 Wilson St.

**Fri. December 6 | 9:30 - 11 am**  
Ellis, 45 Ellis Ave.

No pre-registration required.

## What can a mental health counsellor help with?

1. Do you have questions about your child's social, emotional and/or behavioural concerns?
2. Do you have questions about mental health supports options?
3. Are you looking for a referral to community services for assessment and treatment options?
4. Are you a Parent/Caregiver who is looking for support in understanding your child's social, emotional, behavioural development and find strategies to support with them?



Scan QR code to give feedback

[hamilton.ca/EarlyONcentres](https://hamilton.ca/EarlyONcentres)







# Y.E.S

## PROGRAM

### YOUTH ENGAGEMENT SERIES

For youth ages **15-18**  
**INTERESTED?**

Please contact:  
**Astrid Stuglik**  
astrid.stuglik@ymcahbb.ca  
(365) 323-8260

## Fun Rewards!

Gift cards, volunteer hours, presto pass...and more!

- Connect and learn about Hamilton Youth Services
- Hear from officers in different departments of Hamilton Police Services
- Learn life skills and mindfulness activities
- Learn from community members with lived experience

Next sessions starting  
October 17, 2024

## Some topics include:

Guns & Gangs

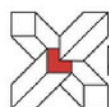
Vice Unit

Social Media & Tech

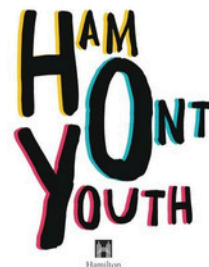
Anti-Human Trafficking Awareness

Mindfulness & Life Skills

[ymcahbb.ca](http://ymcahbb.ca)



PERIENCE ANNEX



# WE WANT TO HEAR FROM YOU!

## Landmarks & Monuments Review: Honouring Our Indigenous Roots

The Augustus Jones Site



The United Empire Loyalists Site



The Queen Victoria Site

