

@hamontyouth

FEBRUARY NEWSLETTER

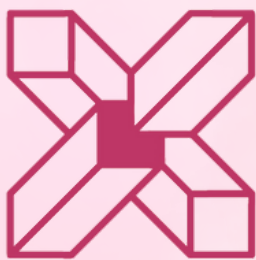
Hamilton Youth Engagers

Happy Valentine's Day

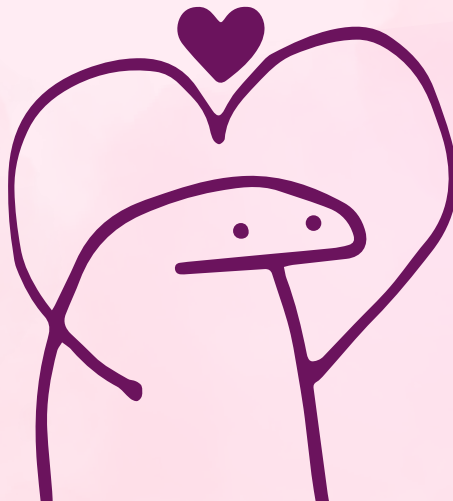
Happy Valentine's Day from your Youth Engagers!

As we celebrate this season of love, we want to take a moment to express our heartfelt gratitude to the wonderful community members, volunteers, and partners who make our work so special. Your kindness, generosity, and support are truly the heart of what we do. This Valentine's Day, we're reminded that it's the connections we share that make our city a truly vibrant and caring place. Whether it's a friendly visit, a kind word, or simply being there for one another, together we are making a difference. Wishing you all a day filled with love, joy, and appreciation!

With warmest regards, your Youth Engagers,
Bridget and Maryam



Xperience Annex
Connecting Youth



Black History Month

February marks Black History Month – a time dedicated to celebrating the many achievements and contributions of Black Canadians who have helped shape Canada into the culturally diverse and thriving country it is today.

Hamilton has been home to many remarkable Black Canadians who have left a lasting impact on our community. Among them are Norman “Pinky” Lewis, who devoted his life to amateur and professional sports; Jackie Washington, Canada’s first Black DJ with CHML; and Lincoln Alexander, Hamilton’s first Black lawyer, Canada’s first Black MP, and Ontario’s first Black Lieutenant Governor.

In these deeply troubling times, it is especially important to remember and honour the hard fights that have been fought in the past, throughout our history, for the betterment of all people.



To learn more about the contributions and achievements of Black Hamiltonians who have helped shape our City, our communities, and our country, as well as the events planned for Black History Month, please visit Hamilton.ca/BlackHistory.

Step by Step Guide

How to Get Registered to Vote

1. Go to Elections Ontario Website
2. Click on Check Now under Voter Registration
3. Click on Get Started

Step 1: Eligibility to Register – Citizenship and Where You Live

Step 2: Personal Information: First, Middle and Last Name, Date of Birth

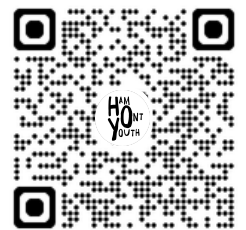
Step 3: Home Address – Street Civic (Postal Code), Municipality, Geographic region, Indigenous Reserve

Step 3.5: Prove you're not a robot

Step 4: Upload Your ID to Register online or at your local election office

Step 5: Confirm Information, Mailing Address and Enter Email and Phone Number. Then View your Electoral District

- Your Electoral District will tell you where and when you can vote within your district





ONTARIO MASONRY
TRAINING CENTRE



POTENTIAL FREE COURSE

Learn BASIC Brick and Stone Masonry!

Possible start April or May 2025

Mississauga, Toronto or Ottawa Campus

Sign up to be notified!

<https://forms.office.com/r/n7pEEeRwQ6>



INTERESTED IN CHANGING YOUR RELATIONSHIP WITH SUBSTANCE USE?

Young Adult Substance Use Program (YA-SUP)

This program is designed to help young adults meet their substance use goals, whether that's sobriety or changing their relationship with substances to live a healthier life.

Who is this program for?

- Young adults age 17-25
- Young adults looking to make changes to their substance use
- Young adults looking for group based programs and one-on-one support
- Those not in immediate crisis

What is involved?

- 12-week program at St. Joseph's Healthcare Hamilton
- Intake assessment and individual check ins
- Access to a nurse practitioner for medication or psychologist for diagnostic assessment

HOW TO ACCESS SERVICES?

(905)-522-1155, EXT. 39207
yasupreferral@stjosham.on.ca



Group Programming

Cognitive Behavioural Therapy: Change thoughts & emotions associated with substance use

Emotion Regulation Skills: Build skills to regulate big emotions that lead to substance use

Mindfulness & Wellness: learn how drugs impact your brain and health. Increase awareness and mindfulness in life and recovery

YASUP

DROP-IN GROUPS

Age
17-25?

Join us every
week!

Wednesday

Pot-tent Wellness

6:00pm-7:00pm
online with Zoom

Tuesday

**Mind-Drug-Body
Connection**

3:30pm-4:30pm
in-person @ CPC

Thursday

**BREATH - Mindfulness
and Substance Use**

10:30am-11:30am
online with Zoom

All group info, links, and more can be found at:

www.cdcapacitybuilding.com

To get emails of our weekly digest, email: **yasup@stjoes.ca**

The Young Adult Substance Use Program's

LOVED ONES EDUCATION GROUP

For parents and other supporters of adolescents and young adults with substance use problems.

This group is based on **Community Reinforcement Approach to Family Training –Support and Prevention(CRAFT)**, an evidence-based approach to change the way you interact with your child or loved one to promote positive relationships and recovery. CRAFT talks about how **behaviour makes sense** and how the environment, community, and social support can play a powerful role in recovery.



COMMUNITY



KNOWLEDGE



STRATEGIES

Scan here to sign up for
the next group!



This group includes 8 sessions:

- Group Overview, Safety, and Self Care
- Understanding Substance Use
- Understanding Co-occurring Mental Health Concerns
- Positive Communication
- Past Patterns & New Strategies
- Rewards & Coping with Intoxication
- Allowing Negative Consequences
- Review, & Next Steps



Prepare for the Connect to Careers Job Fair

Workshop for Newcomers to Canada

Get ready for Hamilton's **BIGGEST** Job Fair in March!

February 20, 2025 | 9:30 AM - 2:00 PM

Hamilton Room, Central Branch - Hamilton Public Library
55 York Boulevard (Jackson Square)

**Free
Event**

Register at bit.ly/HPLWorkshop



Learn About:

Connect to Careers
Job Fair Resume
Writing Talking to
Employers & More!

**Bring a phone, laptop
or tablet, if you can!**



Become a Youth Mentee!

For youth **aged 16-25** passionate about storytelling, literacy, and working with kids.

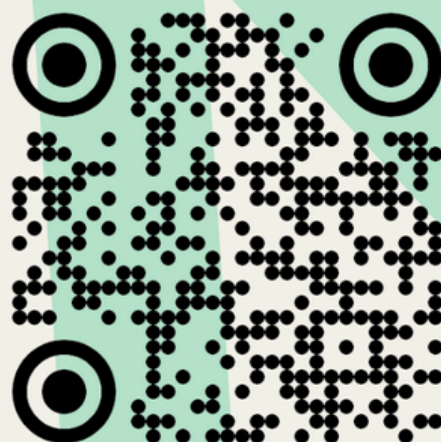
- Support and lead multi-sensory storytelling activities.
- Gain 6 hours of training on accessibility and inclusion with an expert consultant.
- Act as a peer advocate for literacy and storytelling programs.
- Conduct surveys and provide insights to improve workshops.



March-June 2025
Part-time | 5-10 hrs/mnth
\$400 Honorarium + Volunteer Hours
Hamilton, ON

APPLY BY FEB 14, 2025

Apply at:
tellingtales.org/get-involved



CityLAB

Call for

Challenges



2025

Do you have an upcoming initiative, idea or project that could benefit from student research and academic expertise?

CityLAB can help!

As an innovation hub that connects students, faculty, and civic leaders to co-create solutions for a better Hamilton, CityLAB can help your project reach it's full potential!

Connect with CityLAB:



citylab@hamilton.ca



citylabhamilton.ca



Submit here by March 28.



Hamilton



Why partner with CityLAB?

By engaging with CityLAB, City staff can access innovative solutions, leverage additional resources, mentor future leaders, and build stronger networks.

What kind of projects has CityLAB done before?

CityLAB Hamilton has undertaken a diverse array of projects aimed at addressing the city's strategic priorities
[See them here.](#)

How does it work?

- ✓ Submit your project idea by March 28, 2025
- ✓ Get matched with students and faculty ready to support your initiative
- ✓ Collaborate from September to December as part of the academic term



Submit here by March 28.



Hamilton



MOHAWK
COLLEGE



Redeemer
University