

ARE YOU BETWEEN 15-18 YEARS OLD AND PASSIONATE ABOUT MAKING CHANGE IN YOUR COMMUNITY TO IMPROVE YOUTH MENTAL HEALTH?



## AGENDA GAP STARTING JANUARY 2026

Come together with other youth & facilitators to share, identify & take action on issues affecting youth mental health in your community.

### FOR MORE INFO CONTACT US!

You can contact Liza McGuinness, Project Manager, University of British Columbia: [604-822-7459](tel:604-822-7459),

[agenda.gap@ubc.ca](mailto:agenda.gap@ubc.ca)

or

Catharine at Erin Mills Connects/Planet Youth Mississauga: [647-669-5862](tel:647-669-5862), [info@erinmillsconnects.org](mailto:info@erinmillsconnects.org)

### WHAT'S INVOLVED?

- Participate in a 30-minute call to find out more about Agenda Gap and share what supports youth in your community.
- Attend the youth-led group program once/wk ONLINE for about 1.5 hours over 4-6 months.
- Complete 2-3 surveys & a follow-up conversation after the program ends to help us understand the impacts of Agenda Gap and improve the program (and receive an honorarium for each).
- Receive a *Certificate of Completion* listing your volunteer hours.

*\*Participation in all surveys & interviews is voluntary & confidential.*

### WHAT YOU'LL LEARN:

- UPSTREAM PREVENTION
- SOCIAL DETERMINANTS OF HEALTH
- POLICYMAKING, LAWS AND INFLUENCE
- CHILDREN'S AND OTHER RIGHTS
- SELF-CARE PRACTICES
- COMMUNICATION AND ADVOCACY SKILLS
- AND MORE!

