



Health Promotion Through Youth Engagement: An Environmental Scan of Canadian Programs

*Prepared by the Saskatchewan Prevention Institute
February 2021*



saskatchewan
preventioninstitute
our goal is **healthy** children

Table of Contents

1. Introduction	3
1.1 Youth Engagement	4
1.2 Being an Adult Ally.....	6
1.3 Environmental Scan	7
2. Methods.....	8
3. Summary of Findings.....	9
4. Conclusions	11
References	13
Appendix A – Inclusion/Exclusion Criteria for Environmental Scan	15
Appendix B – Interpreting the Program Tables.....	16
Appendix C – Northern Territories: Yukon, Northwest Territories, and Nunavut	17
Appendix D – British Columbia	27
Appendix E – Alberta.....	40
Appendix F – Saskatchewan.....	54
Appendix G – Manitoba.....	67
Appendix H – Ontario	78
Appendix I – Québec	93
Appendix J – Atlantic Provinces: New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador	103

1. Introduction

The Canadian Centre on Substance Abuse and Addiction reported that in comparison to adults, youth are more likely to engage in risky alcohol use and experience greater harms from that use (CCSA, 2011). Consequences of heavy drinking include unplanned or unwanted sexual experiences, including sexual assault (Ontario Ministry of Health and Long-Term Care, 2009). In addition, youth engaging in substance use and risky behaviours are more likely to experience emotional and behavioural problems (Public Health Agency of Canada, 2011). These findings suggest a link between alcohol use, sexual health, and mental health, and highlight the importance of addressing each of them when addressing youth health overall.

The Saskatchewan Alliance for Youth and Community Well-being (SAYCW) survey, completed by over 10,000 students across Saskatchewan in 2019, gives a window into the experiences of youth in Saskatchewan. Between grades 7 and 12, drinking in the past month increased from 8% to 55%, while binge drinking increased from 6% to 30% (SAYCW, 2019). Youth from smaller cities were nearly 50% more likely to report ever drinking than youth from large cities (SAYCW, 2019).

When asked about sexual health behaviours, only 46% of the Saskatchewan youth surveyed practiced safer sex (SAYCW, 2019). Youth who reported using drugs were nearly twice as likely to have unplanned sex after using alcohol or drugs and were three times more likely to report a sexually transmitted infection (STI) or pregnancy (SAYCW, 2019). Among youth who reported substance use risk behaviours, 27% reported negative mental health outcomes (i.e., depressive symptoms, self-harm, considering suicide). This is in comparison to 13% for those who did not report substance use risk (SAYCW, 2019). In addition, among youth who reported high-risk sexual activity, 7% reported negative mental health outcomes, in comparison to 3.4% for those who did not report these activities (SAYCW, 2019).

Together these findings suggest that issues of youth alcohol and drug use, sexual health, and mental health are inextricably linked, and that rural youth with limited access to services are likely at increased risk of the related harms.

When it comes to addressing youth health, and specifically the prevention of alcohol-related harms and the promotion of sexual health and wellness, extensive research has demonstrated the effectiveness of youth engagement supported by adult allies. The current document identifies youth engagement programs and activities across Canada that deliver harm reduction, health-promoting programming for youth that are harder to reach and/or those who experience marginalization based on identity, geographic location, class, etc. The purpose of this document is to provide inspiration, context, and contacts from existing programs to facilitate the development of innovative youth engagement programs for Saskatchewan youth. Most of these programs do not have published evaluations indicating their effectiveness; however, they were included because their descriptions suggest they use a youth engagement approach.

A brief description of the research on youth engagement, and the role of adult allies, is provided below. This information and supporting evidence will facilitate a deeper understanding of youth engagement and help build capacity for engaging youth within their communities.

1.1 Youth Engagement

Youth engagement, which acknowledges the independence and agency of youth, is increasingly being considered best practice when working with young people, particularly those who live in challenging circumstances (Zinck et al., 2013). Youth engagement is an approach to working with youth that promotes behavioural, cognitive, and emotional engagement, with the goal to improve their overall well-being and participation in health-promoting behaviours (Centre of Excellence for Youth Engagement, 2003).

Terms such as “youth participation”, “youth voice”, and “youth leadership” have been used interchangeably with youth engagement, but each of these terms is only part of the picture of youth engagement. A broad definition of youth engagement is “the meaningful participation and sustained involvement of a young person in an activity, with a focus outside him or herself” (Khanna & McCart, 2007, pg. 1). The focus outside of oneself may be particularly relevant to youth participation in health-related and community-based initiatives. Engaging youth in this fashion “acknowledges [their] expertise in their own lived realities and allows them to take part in and influence processes, decisions, and activities that will affect their health and that of the community in which they live” (Blanchet-Cohen et al., 2011, p. 89). A commonly used expression that captures this notion is “nothing about us without us” (e.g., Kahn et al., 2008). Meaningful participation can provide youth with an opportunity to contribute, gain skills and knowledge, and experience personal development (Checkoway, 2011). Some examples of meaningful engagement activities include sports, arts, music, volunteer work, politics, and social activism (Centre of Excellence for Youth Engagement, 2003).

All forms of youth engagement (whether focusing on participation, voice, or leadership), when done well, can benefit young people, programs, and communities (Saito & Sullivan, 2011). Research has demonstrated links between the engagement of young people and multiple positive health outcomes, including decreased alcohol, marijuana, and hard drug use; lower rates of school failure and drop-out; lower rates of early sexual activity and teen pregnancy; decreased anti-social/criminal behaviours; and lower rates of depression (Gaetz, 2014; Khanna & McCart, 2007). Youth participation that offers opportunities to connect with positive people and places, and provides challenges and supports that promote growth and development, has been found to provide benefits that are directly relevant to youth health and well-being including: physical health, psychosocial development, academic achievement, mastery of skills, reduced violence and risk taking, positive identity, social connection, civic participation, and increased likelihood of community participation later in life (Saito & Sullivan, 2011). Through engagement opportunities, youth may develop the motivation and skills needed to overcome the challenges they experience and may develop youth-led initiatives as a response to these challenges.

It is important to recognize that not all youth have the same opportunities for involvement in youth engagement activities or programs. Youth from families and communities with lower income and opportunities, particularly youth aged 13 years and up, are less likely to engage in and benefit from community-based programs (Saito & Sullivan, 2011). In addition, models of youth development that look to individual and group explanations for behaviour do not adequately take into account the complexity and challenges of the lives of youth who have been marginalized or are facing multiple barriers (Ginwright & Cammarota, 2002; Hopper et al., 2019). Youth who experience challenges such as poverty, homelessness, abusive and/or addictive behaviours, mental health challenges, discrimination, stigma, and/or poor developmental outcomes may experience significant barriers to accessing or benefitting from youth development opportunities (Iwasaki, 2014). Programs that are successful in drawing and maintaining youth involvement are those that provide youth engagement opportunities that meet youth where they are at developmentally, create opportunities for youth to contribute, and provide the right amount of support for youth to develop autonomy and leadership. Authentic, reciprocal relationships among youth and adults are also recommended (Saito & Sullivan, 2011).

The Children and Youth in Challenging Contexts Network proposed the following factors as important when engaging youth:

- Youth voice: the unique ideas and concerns of youth are respected, youth feel free to express them within an organization or program, and youth voices are seen as equally important to adult voices.
- Positive relationships: having positive, supportive relationships with peers and adults is fundamental to Positive Youth Development; relationships can be fostered through adult-youth mentorships, youth-adult partnerships, and peer mentoring.
- Civic engagement: when youth are engaged in their community, they can become agents of change; youth see that they can positively influence situations, which can improve their self-concept.
- Culture and context: recognizing that there are many important differences between youth based on factors such as race, gender, and sexual orientation.

(Zinck et al., 2013).

Youth can benefit from being involved in activities in which they are invited to fully participate in all decisions (Iwasaki, 2014; Iwasaki, 2015; Ozer, 2017). In particular, this approach can provide youth impacted by exclusion and marginalization with the opportunity for meaningful involvement (Hopper & Iwasaki, 2017). It is suggested that such youth-led engagement should involve positive relationship building, co-learning, power-sharing, and empowerment (Hopper & Iwasaki, 2017). By being part of youth-inspired interactions with peers and adults, youth experience reciprocity and power-sharing, which provides the opportunity to build skills in communication, working with others, and leadership (Hopper & Iwasaki, 2017). In a youth-led approach, youth can progress from co-learners to role models and peer mentors. In addition,

relationship-building and co-learning engenders mutual respect and a level of trust where the youth can share their stories and feel acknowledged (Hopper & Iwasaki, 2017). A strength-based approach that is youth-led rather than proscriptive allows youth to gain meaning from an activity; develop a sense of worth; experience positive, constructive involvement; and develop meaningful relationships and positive social networks.

Meaningful relationships can be particularly important for youth facing multiple barriers, who often feel disconnected and excluded from society and can develop a distrust of adults (Iwasaki, 2014). Efforts to enhance youth-adult relationships has been found to increase participation in community-based programs (Grossman & Bulle, 2006). Building meaningful relationships can allow youth to feel safe with an adult and give them someone to turn to in times of need and stress, which in turn helps them to feel more connected and supported (Hopper et al., 2019). Relationships developed within purposeful activity (e.g., cultural activity, preparing for a job interview, or pursuing a hobby) provides opportunities for youth to share their story; allows for balance and respect; provides space for each to reflect on privilege, power, and lived experience; and provides opportunities for youth to grow, transform, and take action in their community (Hopper et al., 2019).

1.2 Being an Adult Ally

The work of adult allies is an integral part of the youth engagement approach to promoting youth health. The Centre of Excellence for Youth Engagement's definition of an adult ally is as follows:

An adult ally helps youth have their voice heard through meaningful engagement. With support of an adult ally, young people can be meaningfully involved in every stage of an initiative. Being an ally to young people involves a combination of positive attitude, skill, and awareness, to help in advocating for a youth leadership and empowerment agenda. (Khanna & McCart, 2007, p. 2)

In addition to the value of the youth-adult relationship described above, adults play important roles in youth development. Adult allies can serve as "social bridges" between youth and adult worlds (Khanna & McCart, 2007). An adult ally commits to working alongside youth and empowering them rather than simply guiding and supporting them. Being an effective adult ally involves a balancing act in which adults vary their input and involvement depending on the goals of the program and the nature of the youth involved (Larson et al., 2005).

Youth may be particularly open to relationships with non-parental adults, since they often strive for independence from their parents but still value guidance from those who are older and more experienced than they are (Grossman & Bulle, 2006). Research indicates that youth having an ongoing relationship with non-parental adults, such as a teacher, coach, neighbour, pastor, counsellor, or friend is associated with positive health and developmental outcomes (e.g., school success, social-emotional well-being, connections to social capital, and reduced risk-taking behaviour) (Grossman & Bulle, 2006).

Adult allies may be especially important in the case of engaging youth who have been marginalized. For example, Erbstein (2013) found that adults who possessed a locally grounded, culturally specific understanding of the youth population were able to effectively reach youth who have been marginalized. These adults were viewed as trustworthy by the youth and their parents/caretakers. Through the efforts of adult allies, youth become engaged and empowered, setting in motion a pathway to positive outcomes (Khanna & McCart, 2007).

1.3 Environmental Scan

The purpose of this environmental scan is to identify organizations and programming within Canada that engage hard-to-reach youth, or youth who have been marginalized, through innovative programming that promotes mental health, harm reduction, sobriety, sexual health, and/or wellness. This document can be used to discover and explore health-focused and health-promoting activities and programming from around the country that can be adapted for use in Saskatchewan communities for the benefit of youth who may have less access to resources, educational systems, or other organizational interventions. By reviewing the provided descriptions of various strategies and programs, users of this document can find inspiration for projects and programming; create links to programs and program developers around the country; and replicate or adapt activities and programming for their own communities.

This document will be useful for youth leaders, adult allies, and organizations that work with youth and are interested in developing a youth-focused program or activities that promote mental health, harm reduction, sobriety, sexual health, and/or wellness within their communities. During the development of this document, selection criteria for programs were chosen based on factors that would ensure the document is useful for those based in rural and remote areas that may have limited access to resources and services.

An inspiration for this environmental scan was a commonly provided reason for risky behaviour among youth, i.e., that there is “nothing else to do” other than drink or party. This is a phrase that may be commonly heard from youth in smaller towns and remote areas, or from those who may be marginalized and less connected to traditional supports, like schools. The intent of this scan is to demonstrate and outline common and innovative activities or programs that connect with youth through voluntary, community-based engagement in wellness-related and harm-reduction activities, outside of school or justice-mandated settings.

This information is important to the work of the Saskatchewan Prevention Institute, a provincial, non-profit organization located in Saskatoon on Treaty 6 Territory and the homeland of the Métis Nation. The Prevention Institute’s focus is to reduce the occurrence of disabling conditions in children through primary prevention methods. This includes raising awareness by providing information, resources, and training based on current best evidence and promising practice. We believe that all children regardless of ability have the right to the best physical, social, and emotional health possible. To further this goal, the Prevention Institute works in a variety of areas including Sexual and Reproductive Health, Fetal Alcohol Spectrum Disorder

Prevention, Maternal and Infant Health, Early Childhood Mental Health, Child Injury Prevention, Child Traffic Safety, and Parenting.

This project was completed through a partnership between the Sexual and Reproductive Health (SRH) Program, and the Youth Action for Prevention (YAP) Program (part of the FASD Prevention Program) of the Saskatchewan Prevention Institute. Together, these programs share a focus on the upstream benefits of promoting youth health and well-being. The SRH Program aims to help individuals make informed decisions and healthy choices through the provision of sexual and reproductive health-related education and resources. The YAP Program focuses on youth engagement to increase the knowledge of Saskatchewan youth (aged 14-24) about alcohol-related harms, including FASD.

2. Methods

Organizations and programs were identified through online searches, as well as through the SRH and YAP Coordinators' familiarity with organizations. Search terms used with the Google search engine included "youth organizations in [location]", "youth services in [location]", "directory of youth services/programs [location]", "youth [demographic] organizations [location]", and "youth services [provincial government]". Searches were conducted provincially or by larger geographic region within Canada (i.e., Territories and Maritime provinces were grouped, while other provinces remained separate).

Included programming is that which aimed to engage youth between the ages of 14-24 years who are experiencing multiple barriers, including barriers that may be social, historical, economic, and geographic in their origin. Example demographics of youth who may be experiencing multiple barriers or be hard-to-reach include youth who identify as 2SLGBTIA+¹, Indigenous, Black, newcomer, rural, remote, justice-connected, gang-involved, living with addictions and/or mental health challenges, and/or living in poverty. See Appendix 1 for a table of the list of inclusion and exclusion criteria used for this scan.

Information collected for each program included the following:

- Name of organization
- Name of program
- Location
- Website
- A short description of the organization or program
- Types of programming offered

¹ This is an acronym that includes two-spirit, lesbian, gay, bisexual, transgender, queer, intersex, asexual, and other ways individuals express their gender and sexuality outside of heteronormativity and the gender binary. This is not a complete list of ways that individuals experience and/or express their sexuality and/or gender.

- Youth population demographic
- Age demographic
- Whether the programs address the issues of wellness, mental health, harm reduction, substance use, sobriety, and/or sexual health (please see Appendix B for information on how these topics are indicated within the program tables)

Given that an online search method was used for the current environmental scan, it is important to note that there are likely many applicable programs and activities that are not included because information about them is not available online.

3. Summary of Findings

A total of 255 programs that engage youth experiencing multiple barriers in the promotion of sexual health, mental health, sobriety, harm reduction, and/or wellness were identified through the online scan and are included in this report. All of the included programs are organized by the provinces or territories within which they are/were delivered, and are presented in each Appendix as follows:

- Northern Territories: Yukon, Northwest Territories, and Nunavut – 25 programs (Appendix C)
- British Columbia – 30 programs (Appendix D)
- Alberta – 34 programs (Appendix E)
- Saskatchewan – 30 programs (Appendix F)
- Manitoba – 26 programs (Appendix G)
- Ontario – 38 programs (Appendix H)
- Québec – 24 programs (Appendix I)
- Atlantic Provinces: New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador – 48 programs (Appendix J)

The programs included in this scan were developed by a wide variety of non-profit, community, government, and health organizations. Details of impact or effectiveness of each program were not included, as this data was not typically available or easily accessible publicly. While many programs included in this scan are current and ongoing, some of the described programs are no longer running, typically due to a funding term ending. All included programs illustrated a distinct, accessible, or innovative approach to health promotion and the engagement of harder-to-reach youth or those experiencing multiple barriers.

The programs in the scan use a variety of approaches to engage youth and deliver programming. Some programs emphasize or are organized around the creation of a safer space, either as an alternative to activities that might lead to risky decision-making or as an environment where youth can feel safe to be themselves, escape outside pressures, and access education and support. Safer spaces include such settings as a camp setting (e.g., Camp Fyrefly), a mental health-focused retreat space (e.g., Headspace Bus), or a drop-in centre or youth night that provides a variety of safe activities and supports (e.g., Street Culture Project, EGADZ).

Support is often a key contribution from programming, and it can be offered in several ways. Support can be in the form of fostering inclusion and belonging within a group or community (e.g., Rainbow Youth Centre); through counselling on an individual or group level (e.g., Welcome Friend Association's free counselling service); through mentorship (e.g., Hope Blooms, Arctic Children and Youth Association's Sangiyut Makkutut Mental Health Program); or through assistance in the navigation of social or resource support systems (e.g., Youth Impact, Phoenix Youth).

Many programs designed to engage and support Indigenous youth incorporate cultural teachings and practices, including land-based learning, to promote health and healthy behaviours or decision-making (e.g., Nunavut Youth LEAP, Northern Youth Leadership's Land-Based Camps, Ontario Foundation of Indigenous Friendship Centres' Youth Cultural Camps). Examples of cultural teachings and practices include attending ceremonies, learning about traditional medicines, and Elder teachings. Land-based activities include those that emphasize Indigenous values and teachings about connection to the land and our relationship with it. Some programs also adapt cultural programming to digital spaces through the creation of online pre-colonization worlds, podcasts, and blogs to increase engagement and accessibility (e.g., Negan Tepeh). Ensuring all programs are culturally safe, relevant, and accessible is important for effective programming that engages Indigenous young people.

Educational programming is another common strategy for promoting health with youth. Educational programming is often tied in with other strategies. Some programs deliver education through capacity and skill-building programming (e.g., OUT Saskatoon and Saskatoon Sexual Health's SHHOUT program, Hope Blooms Culinary Arts program); workshops (e.g., Saskatoon Open Door Society's Youth Empowerment Workshops); or by inviting guest speakers [e.g., BYTE Empowering Youth's Leaders in Training (LiT) Conference, Piwapan Women's Centre's Iskweis Club]. Programming that emphasizes community engagement and youth leadership may also offer educational and skill-building opportunities. Leadership and community-building programming often presents in the form of volunteerism (e.g., RELAYS's Youth Service program), advocacy (e.g., Youth Odena), or youth councils (e.g., New Brunswick Aboriginal Peoples' Youth Council).

In addition to the strategies mentioned so far, many programs include or emphasize creative and arts-based activities that enhance learning, social development, and healthy self-expression. Creative programs might explore traditional arts and crafts (e.g., FOXY Peer Leader Retreat); theatre production and script writing (e.g., Gordon Tootosis Nikaniwin Theatre's Circle of Voices Program); art therapy (e.g., Chokecherry Studios' *wapahki*); visual art and photography [e.g., Saskatoon Community Youth Arts Programming Inc. (SCYAP) and Pinehouse Photography Club]; poetry or writing (e.g., Core Neighbourhood Youth Co-op's Word on the Street); digital storytelling (e.g., Saskatoon Open Door Society's Digital Storytelling Workshops); music production or podcast development (e.g., Sudbury Action Centre for Youth's Hip Hop School), and more.

Programming that is designed to be delivered to or engage with young people in online settings can incorporate many of the strategies outlined above. In the wake of the COVID-19 pandemic, many

organizations and programs have shifted programming to online settings. Some groups created communication groups/channels on services like Discord that act as an online safer space and activity centre when in-person services were no longer possible due to pandemic health regulations (e.g., UR Pride's Group Z and Queer Youth Group, AlterHéros). Online workshops and social media engagement have also increased during this time of social distancing, with some organizations creating online programming to allow youth to continue their engagement from afar (e.g., Welcome Friend Association's Rainbow Online Connection). When considering effectively adapting current programming to online settings, it is important to consult with youth to determine which platforms they prefer to use and engage with. This consultation may introduce means of engagement that are emergent, innovative, and allow for collaborative development. Virtual platforms developed prior to the COVID-19 pandemic are particularly relevant currently due to youth experiencing increased isolation (e.g., Bridge the gApp, Tel-Jeunes, New Youth Online Community). Programs offered virtually and/or those that have been able to adapt to COVID-19 restrictions have allowed for accessibility to youth engagement opportunities throughout the pandemic.

4. Conclusions

While the intention of this scan was to find programs, projects, or activities that focus on sexual health, the prevention of alcohol-related harms, mental health, harm reduction, and wellness, many of the programs included in this scan engage youth on these topics through a broader programming framework. Often, programs that addressed particular health outcomes were only a portion of an organization's engagement strategy or service offerings, or the topics only represent a portion of a program's focus. Through a holistic approach, these programs demonstrate innovative engagement ideas and alternative strategies to improve youth health outcomes. This illustrates how adaptive health promotion-focused youth engagement can be, as well as how responsive it can be to the needs and resources of a community and the youth within it. While funding sources and expenses related to program or project delivery are not identified within this scan, many of the programs and projects could be adapted and implemented at a low cost with the aid of community collaboration.

When considering what program approach might be most successful within your own community or with youth you work with, consider first consulting youth and other potential collaborators to determine needs and potential resources available. Consider as well how existing services and programming can complement, support, and promote new activities and programming for youth, and encourage youth to take the lead in the development and direction of new initiatives. Giving youth ownership of project design, development, and delivery increases their capacity as leaders within the community and their potential to influence change, and contributes to positive development (Hopper & Iwasaki, 2017). Having a youth-led program design can also ensure the program is relevant, meets youth where they are at (developmentally, geographically, online), and can contribute to greater buy-in from youth in terms of engagement and promotion.

Users of this scan are encouraged to find programs that engage populations of focus that are similar to the demographic of youth that their programming will be designed for, and to identify programs

that address topics specific to those to be included in a new initiative. As demonstrated by the diverse variety of programs included in this scan, health promotion topics do not necessarily need to be the primary focus of a program, but can be integrated into activities, groups, support services, and other diverse youth-focused initiatives.

References

- Allensworth, D. D. (2014). Strategies to improve adolescent health: Lessons learned. *Health Promotion Practice*, 15(1), 72-78. <https://doi.org/10.1177/1524839913503806>
- Blanchet-Cohen, N., McMillan, Z., & Greenwood, M. (2011). Indigenous youth engagement in Canada's health care. *Pimatisiwin: A Journal of Aboriginal and Indigenous Community Health*, 9(1), 87-111. <http://www.pimatisiwin.com/online/wp-content/uploads/2011/08/05Blanchett-Cohen3.pdf>
- Canadian Centre on Substance Use and Addiction. (2011). *Cross-Canada report on student alcohol and drug use: Technical report*. <https://www.ccsa.ca/cross-canada-report-student-alcohol-and-drug-use-technical-report>
- Centre of Excellence for Youth Engagement. (2003). *Youth engagement and health outcomes: Is there a link?* Toronto, ON. www.studentscommission.ca/assets/pdf/youth_engagement_and_health_outcomes.pdf
- Checkoway, B. (2011). What is youth participation? *Children and Youth Services Review*, 33, 340-345. <https://doi.org/10.1016/j.childyouth.2010.09.017>
- Erbstein, N. (2013). Engaging underrepresented youth populations in community youth development: Tapping social capital as a critical resource. *New Directions for Youth Development*, 138, 109-124. <https://doi.org/10.1002/yd.20061>
- Gaetz, S. A. (2014). *Coming of age: Reimagining the response to youth homelessness in Canada*. The Canadian Observatory on Homelessness. http://www.homelesshub.ca/sites/default/files/ComingOfAgeHH_0.pdf
- Ginwright, S., & Cammarota, J. (2002). New terrain in youth development: The promise of social justice approach. *Social Justice*, 29(4), 82-95. <https://www.jstor.org/stable/29768150>
- Grossman, J. B., & Bulle, M. J. (2006). Review of what youth programs do to increase the connectedness of youth with adults. *Journal of Adolescent Health*, 39(6), 788-799. <https://doi.org/10.1016/j.jadohealth.2006.08.004>
- Hopper, T. D., & Iwasaki, Y. (2017). Engagement of "at-risk" youth through meaningful leisure. *Journal of Park and Recreation Administration*, 35(1), 20-33. <https://doi.org/10.18666/JPRA-2017-V35-I1-7289>
- Hopper, T. D., Iwasaki, Y., Walker, G. J., & McHugh, T. F. (2019). The role of relationships in meaningfully engaging youth at risk in recreation and leisure contexts. *Child & Youth Services*, 1545-2298. <https://doi.org/10.1080/0145935X.2019.1568235>
- Iwasaki, Y. (2014). Reflection on learnings from engaging and working with high-risk, marginalized youth. *Relational Child & Youth Care Practice*, 27, 24-35.
- Iwasaki, Y. (2015). The role of youth engagement in positive youth development and social justice youth development for high-risk, marginalised youth. *International Journal of Adolescence and Youth*, 21(3), 2164-4527. <http://dx.doi.org/10.1080/02673843.2015.1067893>
- Kahn, R., Lynn, J., Braga, A., Hoxworth, T., & Donovan, K. (2008). *Engage youth! Colorado's guide to building effective youth-adult partnerships*. Colorado Youth Partnership for Health, Colorado Department of Public Health and Environment. http://www.caqsap.net/uploads/reports/EngageYouth-COsGuidetoBuildingEffectiveYouth-AdultPartnerships_CDPHEFINALVersion.pdf

- Khanna, N., & McCart, S. (2007). *Adult allies in action*. Toronto, ON: The Students Commission, Centre of Excellence for Youth Engagement. http://www.engagementcentre.ca/files/alliesFINAL_e_web.pdf
- Larson, R., Walker, K., & Pearce, N. (2005). A comparison of youth-driven and adult-driven youth programs: Balancing inputs from youth and adults. *Journal of Community Psychology*, 33(1), 57-74. <https://doi.org/10.1002/jcop.20035>
- Ontario Ministry of Health and Long-Term Care. (2009). *Initial report on public health: Youth heavy drinking*. Public Health Division. <https://collections.ola.org/mon/23008/295012.pdf>
- Ozer, E. (2017). Youth-led participatory action research: Overview and potential for enhancing adolescent development. *Child Development Perspectives*, 11(3), 173-177. <https://doi.org/10.1111/cdep.12228>
- Public Health Agency of Canada. (2011). The health of Canada's young people: A mental health focus. <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/school-health/health-behaviour-school-aged-children/hbsc-publications-resources/health-canada-young-people-mental-health-focus-2011.html>
- Saito, R. N., & Sullivan T. K. (2011). The many faces, features and outcomes of youth engagement. *Journal of Youth Development (Online)*, 6(3), 107-123. <https://doi.org/10.5195/jyd.2011.178>
- Saskatchewan Alliance for Youth and Community Well-being (SAYCW). (2019). *Thriving youth, thriving communities report – 2019 survey findings*. <http://saycw.com/survey-and-findings/thriving-youth-thriving-communities-survey-2019-results/>
- Zinck, E., Ungar, M., Whitman, S., Exenberger, S., LeVert-Chaisson, I., Liebenberg, L., Ung, J., & Forshner, A. (2013). *Working with children and youth in challenging contexts to promote youth engagement*. Halifax, NS: CYCC Network. <https://youthrex.com/report/working-with-children-and-youth-in-challenging-contexts-to-promote-youth-engagement/>

Appendix A - Inclusion/Exclusion Criteria for Environmental Scan

<u>Inclusion Criteria</u>	<u>Exclusion Criteria</u>
<ul style="list-style-type: none"> • State or demonstrate link with mental health, sexual health, harm-reduction, substance use, and/or wellness goals • Engage youth experiencing multiple barriers based on social, economic, racial, or geographic factors • Engage youth aged 14-24 • Youth must voluntarily engage with programming • Programming must be free for youth 	<ul style="list-style-type: none"> • Basic needs programming (e.g., shelters, hubs, etc.) • Court-mandated programming • School-based programming • Insufficient description of program that is no longer being delivered (i.e., not enough details for program to be replicated/adapted) • Southern areas of the largest Canadian provinces (i.e., Quebec, Ontario, British Columbia)/high population density cities that do not reflect Saskatchewan demographics (i.e., Vancouver, Toronto, Montreal, etc.) • Resources required to implement the program unavailable in remote environments (exception: online programming, which is variable)

Appendix B - Interpreting the Program Tables

Program Topics

All of the programs in the following tables include indicators (the three columns on the far right of the table) for whether the program clearly specified that they address the topics of mental health, sexual health, and/or substance use. Programs received a check mark in the Mental Health column if they stated that they explore mental health as a general topic, or if they identified the topics of self-care, resiliency, trauma, crisis support, mindfulness, and other related mental health concepts, strategies, or supports. Programs received a check mark in the Sexual Health column if they clearly indicated that they explore the topics of sexual health, dating relationships, gender and sexual diversity, sexually transmitted and blood-borne infection (STBBI) harm reduction, and more. Programs received a check mark in the Substance Use Category if they promoted or included content specific to substance use harm reduction, sobriety, alcohol-related harm prevention, and addiction support.

All programs included in this scan promote the overall wellness of young people and work to reduce potential harms, whether or not this is explicitly stated in their program description, design, or activities. For that reason, there are a number of programs that do not have a check mark in any of the three previously mentioned columns, but their programming may provide benefits or activities related to one or more of these primary topics.

Type of Programming

Information about the type of programming is provided to give a concise and generalized description of a program's focus, format, and delivery strategy. For example, some programs are designed as *workshops*, which would involve educational or skill-building content in a limited or specified timeframe. Other programs might share information and education over time or host guest speakers occasionally as part of their general *educational* programming. The term *safer space* was used if a program specified that they provide a safe and welcoming environment for youth, whether the space is a permanent drop-in centre, online platform, or a pop-up or mobile space. Many programs are described as *arts-based* or *creative* if they utilize art therapy, foster creativity, or promote health by building skills in a specific style of art (e.g., performance, visual, music, etc.). When programs are particularly unique, the programming type may be more specific rather than generalized (e.g., podcast, immersive dinner theatre, land-based camp, etc.). These descriptions are meant to facilitate quicker scanning of programs to identify common and unique strategies without the need to read each description in full. For more examples and descriptions of types of programming, please see the Summary of Findings section of this report.

* Please note: The **Youth Population Focus** information is based on descriptions provided by the organization or program's website or the geographic location of a program (e.g., "Northern youth"). Therefore, it is possible that a program may be accessible to more than just the group(s) identified in that section of the tables.

Appendix C - Northern Territories: Yukon, Northwest Territories, and Nunavut

All of the included programs promote wellness and use a harm reduction approach.

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Arctic Children and Youth Foundation</p> <p>Location: Multiple locations, Nunavut</p>	<p>1. Sangiyut Makkutut Mental Health Program http://www.acyf.ca/peer-leader-mental-health-program/</p> <p>The goal of Sangiyut Makkutut Mental Health Program is to train trusted teenagers how to help their friends. The program provides: direct connections to the individuals who provide services in their community; effective listening and communication skill development; information on compassion fatigue, burnout, and self-care; explanations of the types of harm experienced; historical and cultural roots of trauma in Nunavut; and information on the legal duty to report and an overview of the justice system.</p> <p>Type of programming: Workshop, peer learning</p>	<p>Youth Population Focus: Northern youth Indigenous youth</p> <p>Age: Not specified</p>	<p>✓</p>		<p>✓</p>
	<p>2. Art and Recreation Programs http://www.acyf.ca/art-and-recreation-programs/</p> <p>The Arts and Recreation Programs consistently strive to connect youth with their passions by partnering with organizations and individuals with expertise in a certain area, and then creating programs that introduce and build the skills of youth in that area of expertise.</p> <p>Type of programming: Art-based, recreational</p>	<p>Youth Population Focus: Northern youth Indigenous youth</p> <p>Age: Not specified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Blood Ties Four Directions</p> <p>Location: Multiple locations, Yukon</p>	<p>3. H.E.A.T. https://bloodties.ca/prevention-education/</p> <p>The goal of the program is to prevent HIV, sexually transmitted infections, and hepatitis C among street-involved youth using a harm reduction approach. This program consists of 5 interactive 2-hour sessions where youth participate in interactive activities and skill-building games in a safe and positive environment.</p> <p>Type of Programming: Workshop series, safer space</p>	<p>Youth Population Focus: Indigenous youth Street-involved youth Homeless youth Youth involved with the criminal justice system Youth engaged in illicit drug use Youth in care</p> <p>Age: 14 to 18</p>		✓	✓
<p>BYTE Empowering Youth</p> <p>Location: Multiple locations, Yukon</p>	<p>4. Leaders in Training (LiT) Conference https://www.yukonyouth.com/youth-programming/leaders-in-training/</p> <p>BYTE’s annual Leaders In Training (LiT) Conference was created as a space for youth from rural communities to build confidence, develop leadership skills, and network with other young leaders from across the North. The multi-day workshops incorporate chats about social issues, brainstorming sessions, team-building games, facilitation training and practice, and guest speakers that address everything from leadership through judo to healthy mindfulness and gender stereotyping. BYTE strives to create a safe, inclusive environment for all participants so they can feel comfortable to be themselves, share their stories, and learn from one another.</p> <p>Type of Programming: Land-based, workshops, conference/gathering</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: 13 to 18</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>5. Workshops https://www.yukonyouth.com/workshops/</p> <p>BYTE employs socially engaged youth trained by professionals to facilitate events, activities, and workshops. All workshops incorporate ice breakers, energizers, reflection, and debriefing.</p> <p>Type of Programming: Workshops, recreational</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: 13 to 18</p>	✓	✓	✓
<p>FOXY/SMASH</p> <p>Location: Multiple locations, Northwest Territories, Yukon, and Nunavut</p>	<p>6. Workshops https://arcticfoxy.com/workshops/</p> <p>FOXY/SMASH uses the visual and performing arts to talk about sexual health, healthy relationships, and positive life choices. Participants have the chance to act out different scenarios and discuss the benefits of different reactions to social situations. They can ask anonymous questions in a safe and non-judgemental atmosphere, and get relevant, realistic information. Introspective activities allow participants to look at their own personalities, motivations, and strengths.</p> <p>Type of Programming: Workshop</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: Unspecified</p>	✓	✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
Location: Multiple locations, Northwest Territories	<p>7. FOXY Peer Leader Retreat https://arcticfoxy.com/retreat/</p> <p>Participants at the FOXY Peer Leader Retreat have the opportunity to learn about sexual health and healthy relationships through photography, music, theatre, digital storytelling, and traditional beading. All participants will spend time during the Retreat planning a small Community Project that they will deliver when they return to their home communities with help from a mentor and FOXY.</p> <p>Type of Programming: Leadership retreat</p>	<p>Youth Population Focus: Female-identifying youth Northern youth</p> <p>Age: 13 to 17</p>	✓	✓	
Location: Multiple locations, Northwest Territories	<p>8. SMASH Retreat https://arcticsmash.ca/retreat/</p> <p>Youth at the SMASH Peer Leader Retreat will have the opportunity to learn traditional Northern games, create Northern games kits of their own, produce digital stories, and participate in drum circles and several fun, outdoor physical activities while learning about their own strengths and defining their own masculinity.</p> <p>Type of Programming: Leadership retreat</p>	<p>Youth Population Focus: Male-identifying youth Northern youth</p> <p>Age: 13 to 17</p>	✓	✓	
Inuvik Youth Centre Location: Inuvik, Northwest Territories	<p>9. Drop-In Program https://www.inuvik.ca/en/getting-active/Youth-Centre.asp</p> <p>The drop-in program offers a variety of programs and activities, as well as drop-in times throughout the week.</p> <p>Type of Programming: Drop-in</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: Unspecified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Makkuttukkuvik Youth Centre (YC)</p> <p>Location: Iqaluit, Nunavut</p>	<p>10. Drop-In Program https://www.iqaluit.ca/residents/recreation/facilities/makkuttukkuvik-youth-centre</p> <p>The YC offers a safe, fun, and substance-free atmosphere where youth can participate in a host of activities ranging from games, sports, cooking, skill-building workshops, and community volunteering. The YC also offers a healthy snack program each day after school. Staff are available to help students with homework and assist with resume writing and job applications.</p> <p>Type of Programming: Drop-in, safer space, educational support</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: 13 to 18</p>			✓
<p>Northern Youth Leadership (NYL)</p> <p>Location: Multiple locations, Yukon, Northwest Territories, Nunavut, Nunatsiavut, Nunavik</p>	<p>11. NYL Youth Forum http://www.northernyouth.ca/about/</p> <p>Youth camp along the Yellowknife River. They participate in a cultural exchange, discuss shared challenges across the North, and engage in traditional cultural activities.</p> <p>Type of Programming: Land-based camp</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: Unspecified</p>			
	<p>12. Land-based Camps http://www.northernyouth.ca/about/</p> <p>NYL camps facilitate the development of leadership skills, inspire confidence, and help youth develop the inner and outer resources needed to overcome challenges, reach their full potential, and create positive change in their communities.</p> <p>Type of Programming: Land-based camp, leadership</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: 11 to 17</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Northwest Territories Municipal and Community Affairs</p> <p>Location: Multiple locations, Northwest Territories</p>	<p>13. NWT Youth Ambassador Program https://www.maca.gov.nt.ca/en/services/nwt-youth-ambassador-program</p> <p>The NWT Youth Ambassador Program gives youth an opportunity to build leadership skills through participation at special events and volunteer assignments.</p> <p>Type of Programming: Volunteering, community engagement</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: 16 to 24</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>
<p>Nunavut Youth LEAP</p> <p>Location: Multiple locations, Nunavut</p>	<p>14. Land-based Education Adventure Programs http://canic.ws/nunavutyouthleapleap</p> <p>The Land-based Education Adventure Program's mission is to create a safe and exciting space, in a town or on the land, for participants to take on new challenges, build on their strengths and leadership, and learn about themselves.</p> <p>Type of Programming: Land-based, safer space</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: 16 to 30</p>			
<p>Rainbow Coalition of Yellowknife</p> <p>Location: Yellowknife, Northwest Territories</p>	<p>15. Rainbow Youth Centre http://www.rainbowcoalitionyk.org/ryc/</p> <p>At least once a week, Rainbow Youth Centre offers a casual, drop-in style program open to 2SLGBTQQIAA+ identified (or questioning) youth under 19 years old (with exceptions). Youth are invited to eat snacks, watch Netflix, do their homework, work on art and more. 2SLGBTQQIAA+ youth can also use this time to meet each other, talk about different topics, and gain support.</p> <p>Type of Programming: Drop-in, recreational</p>	<p>Youth Population Focus: Northern youth 2SLGBTQI+ youth</p> <p>Age: 12 to 19</p>		<p>✓</p>	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>16. Bi+, Pan+ http://www.rainbowcoalitionyk.org/ryc/</p> <p>This group is for bi+, pan+, non-monosexual, and questioning people to meet like-minded people and build a sense of community. Talk about coming out, being out, social networking, and more.</p> <p>Type of Programming: Support, group</p>	<p>Youth Population Focus: Northern youth 2SLGBTQI+ youth</p> <p>Age: 13 to 18, 19 to 30</p>		✓	
	<p>17. Gender+ http://www.rainbowcoalitionyk.org/ryc/</p> <p>Gender+ is a support group that welcomes people in the community who are trans and/or whose gender lies outside the binary.</p> <p>Type of Programming: Support, group</p>	<p>Youth Population Focus: Northern youth 2SLGBTQI+ youth</p> <p>Age: 14 to 30</p>		✓	
	<p>18. Sex+ http://www.rainbowcoalitionyk.org/ryc/</p> <p>Sex+ is a monthly all-inclusive sex talk! Youth are invited to have all their questions answered about LGBTQ2S+ sex, relationships, and other questions they might have.</p> <p>Type of Programming: Workshop, educational</p>	<p>Youth Population Focus: Northern youth 2SLGBTQI+ youth</p> <p>Age: 14 and over</p>		✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>19. Flare http://www.rainbowcoalitionyk.org/ryc/</p> <p>The goal is to provide a safer, inclusive space for people of all genders, abilities, and orientations to get together and play. Every week, they rent out a local school gym (or field) and have free, drop-in style sports.</p> <p>Type of Programming: Athletics, safer space</p>	<p>Youth Population Focus: Northern youth 2SLGBTQI+ youth</p> <p>Age: 15 to 18</p>		✓	
	<p>20. Qmmunity Camp http://www.rainbowcoalitionyk.org/qcampnwt/</p> <p>The purpose of this project is to host a sleep-away camp for 2SLGBTQ+ youth, questioning youth, and youth who are allies in the Northwest Territories. The idea is to live the traditional camp experience (arts and crafts, canoeing, time in nature, and more), while also talking about gender and orientation - all the while, providing a safer, affirming environment for youth to thrive.</p> <p>Type of Programming: Camp, safer space</p>	<p>Youth Population Focus: Northern youth 2SLGBTQI+ youth</p> <p>Age: 15 to 18</p>		✓	
<p>Side Door</p> <p>Location: Yellowknife, Northwest Territories</p>	<p>21. Resource Centre 4 YOUth http://sidedooryk.com/where-we-are/resource-centre/</p> <p>The Resource Centre provides supports and services including housing and tenancy supports; employment, literacy, and training; mental health and addictions supports; practical supports; and life skills.</p> <p>Type of Programming: Drop-in, support</p>	<p>Youth Population Focus: Youth at risk of homelessness</p> <p>Age: 15 to 24</p>	✓		✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
Skookum Jim Friendship Centre Location: Whitehorse, Yukon	<p>22. Tán Sakwäthän Youth Diversion Program https://skookumjim.com/programs/tan-sakwathan-youth-diversion-and-family-support/</p> <p>The program believes that in order to reduce youth crime, recidivism, and violence in the homes, it is instrumental to provide youth with intervention strategies to “break the cycle”. The program incorporates the teaching of traditional ways by strengthening relationships between families and youth.</p> <p>Type of Programming: Workshop series, cultural, skill-building</p>	<p>Youth Population Focus: Northern youth Indigenous youth Youth involved with the justice system</p> <p>Age: 12 to 17</p>			
Tree of Peace Friendship Centre Location: Yellowknife, Northwest Territories	<p>23. Splintered Craft https://skookumjim.com/programs/splintered-craft/</p> <p>Splintered Craft is an arts-based employment program, drawing upon a creative drive to engage in teamwork and individual art projects as a means of instilling confidence, reducing barriers, and engaging youth in community endeavours.</p> <p>Type of Programming: Arts-based, drop-in</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: 12 to 17</p>			
	<p>24. Youth Eagle Program https://www.ttopfc.com/upip</p> <p>This program offers a youth advisory committee, sharing circles, youth/Elder connections, on the land camps, empowerment workshops, wellness events, leadership conferences, culture-based classes and workshops, educational support, and volunteer opportunities.</p> <p>Type of Programming Committee, land-based camps, workshops, conferences, educational</p>	<p>Youth Population Focus: Northern youth Indigenous youth</p> <p>Age: Unspecified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>25. Youth Advisory Committee https://www.ttopfc.com/upip</p> <p>The Youth Advisory Committee (YAC) is a group of youth who meet on a monthly basis to share and integrate their voices, perspectives, and expertise into programs, events, and leadership opportunities offered through the Tree of Peace Friendship Centre for youth in the community of Yellowknife, including Ndilo and Dettah.</p> <p>Type of Programming: Committee</p>	<p>Youth Population Focus: Northern youth Indigenous youth</p> <p>Age: 14 to 24</p>			

Appendix D - British Columbia

All of the included programs promote wellness and use a harm reduction approach.

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
Boys and Girls Club Kamloops Location: Kamloops	<p>1. Nights Alive https://www.bgckamloops.com/youth-programs</p> <p>Every Friday night, Nights Alive offers a drug, alcohol, and harassment-free place for youth to participate in a variety of activities in a safe and welcoming environment. Youth have access to community services, pool tables, guitars, a big screen TV with movies and games, an open gym, a kitchen, art supplies, and more.</p> <p>Type of programming: Safer space, recreational</p>	<p>Youth Population Focus: Not specified</p> <p>Age: 13 to 18</p>			✓
	<p>2. Youth Life Skills & Drop-In Wellness https://www.bgckamloops.com/youth-programs</p> <p>Life Skills is a free program that teaches youth valuable life skills such as healthy cooking and eating, mental health and wellness, team building, and employment skills, and prepares them for life after high school. Through community partnerships, this program helps teach youth going through transitional housing these valuable life skills.</p> <p>Type of programming: Drop-in, support, skill-building</p>	<p>Youth Population Focus: Housing insecure youth</p> <p>Age: 11 to 24</p>	✓		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Boys and Girls Club of Central Vancouver Island</p> <p>Location: Nanaimo</p>	<p>3. Generation Q https://www.bgccvi.com/programs/generation-q/</p> <p>Generation Q provides a safe, supportive, and inclusive space that allows youth to connect and openly express their concerns regarding issues impacting their lives and the LGBTQIP2SAA community.</p> <p>Type of programming: Safer space, support</p>	<p>Youth Population Focus: 2SLGBTQ+ youth</p> <p>Age: 13 to 24</p>	<p>✓</p>	<p>✓</p>	
<p>British Columbia Social Services</p> <p>Location: Northwest British Columbia</p>	<p>4. Teens in Control www.bcsc.org/kidsincontrol</p> <p>Teens in Control provides education and support for youth who have a family member (parent, sibling, etc.) with mental illness. Through the workshop, youth will learn about mental illness, build healthy coping strategies, and connect with other youth who may share similar experiences.</p> <p>Type of programming: Workshop, educational, support</p>	<p>Youth Population Focus: Youth with a family member with mental illness</p> <p>Age: 12 to 18</p>	<p>✓</p>		
<p>Cariboo Family Enrichment Centre</p> <p>Location: 100 Mile House</p>	<p>5. The Raven Youth Zone https://ravenyouth.ca/</p> <p>Raven Youth Activity Centre is a place for youth to hang out and have fun in a safe, respectful, and consistent environment. It's managed by the Youth Services department of the Cariboo Family Enrichment Centre. It provides education, support, and resources while giving youth a sense of ownership of the space.</p> <p>Type of programming: Drop-in, safer space, educational, support, recreational</p>	<p>Youth Population Focus: Rural, northern youth</p> <p>Age: 12 to 18</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Crisis Centre</p> <p>Location: British Columbia and Yukon</p>	<p>6. Youth in BC www.youthinbc.com</p> <p>YouthInBC.com is a program of the Crisis Centre. It connects youth with support, information, and resources on a diverse range of topics important for youth, including abuse and assault; bullying; disordered eating; drugs, alcohol, and addictions; LGBTQ issues; mental health; self-harm; sex and sexual health; stress; and suicide.</p> <p>Type of programming: Support line</p>	<p>Youth Population Focus: Not specified</p> <p>Age: Not specified</p>	✓	✓	✓
<p>Family Service Thames Valley</p> <p>Location: British Columbia and Yukon</p>	<p>7. Mind Your Mind http://mindyourmind.ca/</p> <p>Mind Your Mind is a space where mental health, wellness, engagement, and technology meet. Community partners and young people co-create interactive tools and innovative resources to build capacity and resilience.</p> <p>Type of programming: Online, resource creation</p>	<p>Youth Population Focus: Not specified</p> <p>Age: 14 to 29</p>	✓		
<p>Fort Nelson Aboriginal Friendship Society</p> <p>Location: Fort Nelson</p>	<p>8. Youth Outreach Program https://fnafs.org/programs/</p> <p>The Youth Outreach Program offers a wide range of programming/services for youth, including life skills training, one-on-one advocacy/support, structured group activities, development of positive support systems, healthy lifestyle choices, cultural activities, and healing arts, as well as participation in community events and activities.</p> <p>Type of programming: Cultural, support, skill-building, recreational</p>	<p>Youth Population Focus: Rural, Indigenous youth</p> <p>Age: 7 to 18</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
Fraser Valley Youth Society Location: Multiple locations – Abbotsford, Chilliwack, Mission	9. LGBTQ2S+ & Allied Drop-In http://www.fvys.ca/programs/ The LGBTQ2S+ & Allied Drop-In provides a safe and non-judgemental space to share, meet new people, discuss various topics, engage in facilitated workshops, and learn from guest speakers on areas of interest to the youth. Type of programming: Drop-in, safer space, workshops, educational	Youth Population Focus: 2SLGBTQ+ youth Age: 13 to 25	✓	✓	✓
	10. Youth Engaged for Sustainable Healthcare (YESH) http://www.fvys.ca/programs/drop-ins/ The YESH program is a leadership initiative where members become part of the Youth Advisory Council and meet with their colleagues to brainstorm, plan, and then implement their ideas on how to create safe, supportive, and healthy spaces and relationships with others in the community. Type of programming: Leadership, skill-building	Youth Population Focus: 2SLGBTQ+ youth Age: Not specified			
Hiit'agan.iina Kuuyas Naay/Skidegate Youth Centre Location: Haida Gwaii	11. Youth Leading Change http://www.haidanation.ca/?p=10699 Youth Leading Change facilitates knowledge sharing on organizing for social change and coordinated group activities for youth to interact, build new skills, and spend time together. Type of programming: Workshops, leadership, skill-building	Youth Population Focus: Indigenous youth Age: Not specified			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Indigeneyez</p> <p>Location: Kelowna</p>	<p>12. No Ordinary Youth Camp https://indigeneyez.com/youth/</p> <p>Indigeneyez is a camp that brings creativity and the arts together with culture and on-the-land activities for learning experiences. Facilitators are trained to create a safe and welcoming space for all participants; building a strong sense of community is central to the program. Participants leave with new friends and mentors who can support them in their formative years.</p> <p>Type of programming: Cultural, safer space, land-based, camp</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: 14 to 18</p>			
<p>Intersect Youth & Family Services</p> <p>Location: Prince George</p>	<p>13. New Directions https://www.intersect.bc.ca/programs.php</p> <p>Working closely with youth probation, young offenders that meet eligibility criteria are integrated into this ongoing support program. A supportive and therapeutic atmosphere is created to help the youth set individual goals, then develop the skills and access the resources needed to reach those goals. Ongoing contact and support are offered from their New Directions Counsellor to maintain continuity and promote accountability, which are essential to their success in the program.</p> <p>Type of programming: Support, skill-building</p>	<p>Youth Population Focus: Justice-connected youth</p> <p>Age: Not specified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>14. Switch Snowboarding Program https://www.intersect.bc.ca/programs.php</p> <p>The Switch program provides opportunities for local youth to connect with healthy adults and learn how to snowboard. On six consecutive weekends, youth and social service professionals enroll in snowboarding lessons. Each week has a theme/life lesson that accompanies it (patience, persistence, courage, belonging, resilience, and mastery). The program is free for participants and gives youth the opportunity to become involved in a healthy, fun activity surrounded by healthy, caring adults.</p> <p>Type of programming: Support, skill-building</p>	<p>Youth Population Focus: Northern youth Youth facing multiple barriers</p> <p>Age: 12 to 18</p>	✓		
<p>Langley Youth Hub</p> <p>Location: Langley</p>	<p>15. Friends of Dorothy http://www.langleyyouthhub.com/services.html</p> <p>A drop-in program for LGBTQ2S+ youth that provides a safe space for youth to connect with and support one another, discuss LGBTQ2S+ issues, connect with community support, and participate in events and social programming.</p> <p>Type of programming: Drop-in, safer space, support, recreational</p>	<p>Youth Population Focus: 2SLGBTQ+ youth</p> <p>Age: Not specified</p>	✓	✓	✓
<p>Interior Community Services</p> <p>Location: Multiple locations in interior British Columbia</p>	<p>16. Safe Spaces – Kamloops https://www.interiorcommunityservices.bc.ca/programs/youth/safe-spaces</p> <p>Safe Spaces is a program for youth who identify as 2SLGBTQ+ and their allies. Youth-driven, drop-in groups meet weekly with one-to-one support services offered.</p> <p>Type of programming: Drop-in, safer space, support</p>	<p>Youth Population Focus: 2SLGBTQ+ youth</p> <p>Age: 12 to 26</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>17. Teen Centre – Merritt https://www.interiorcommunityservices.bc.ca/programs/youth/youth-centre-merritt</p> <p>The Teen Centre in Merritt provides computer/internet access; training (resume writing, public speaking, Food Safe, First Aid); referrals to other community agencies; outreach and support (life/coping skills, managing/dealing with conflict and anger management); and gymnasium access.</p> <p>Type of programming: Drop-in, educational, skill-building, support, recreational</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: 12 to19</p>	<p>✓</p>		
<p>Noopa Youth Drop-In Centre</p> <p>Location: Williams Lake</p>	<p>18. Noopa Youth Drop-In Centre http://cariboochilcotin.fetchbc.ca/service.html?i=95</p> <p>Noopa offers a drop-in centre where youth can build a support network; participate in a variety of activities (e.g., arts and crafts); have access to computers, games and entertainment; and special events such as karaoke, scavenger hunts, barbeques, and tournaments. Facilities also include laundry, showers, and a full kitchen.</p> <p>Type of programming: Drop-in, creative, recreational, support</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: Not specified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Okanagan Boys and Girls Club</p> <p>Location: Kelowna (Westside Youth Centre), Oliver (The Hangar), Osoyoos, Peachland, Vernon (Teen Junction)</p>	<p>19. Youth Drop-Ins https://www.boysandgirlsclubs.ca/club-location/#youth</p> <p>In these after-school and evening drop-in programs, children and youth are emotionally and physically safe, welcomed, accepted, valued, respected, and encouraged to explore new opportunities and build positive relationships with like-minded peers. Positive adult mentors guided by the Clubs’ core values build self-esteem and encourage healthy relationships while instilling the importance of mutual respect, teamwork, and being socially responsible. While youth may just need a safe and supportive place to “hang out”, recreational opportunities, games, creative arts, and special events are also offered.</p> <p>Type of programming: Drop-in, support, safer space, creative, recreational</p>	<p>Youth Population Focus: Not specified</p> <p>Age: 11 to 19</p>			
<p>Skeena Watershed Conservation Coalition</p> <p>Location: Northern British Columbia</p>	<p>20. Youth on Water https://skeenawatershed.com/initiatives/yow</p> <p>Youth on Water provides youth with education on swift water rescue and rafting; invites local experts, Elders, and conservationists to join the crew to teach youth about ecosystems; partners with local communities and First Nations to learn the history and culture of the region and how they connect to the watershed; and fosters leadership and connection.</p> <p>Type of programming: Land-based, cultural, leadership</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: Not specified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>South Okanagan Similkameen PRIDE</p> <p>Location: Penticton</p>	<p>21. RADAR https://www.castanet.net/news/Penticton/207059/A-place-for-LGBTQ-youth</p> <p>The RADAR program facilitates a safe space for discussion where youth can explore gender identity and themselves.</p> <p>Type of programming: Safer space, support</p>	<p>Youth Population Focus: 2SLGBTQ+ youth</p> <p>Age: 13 to 24</p>		✓	
<p>Take a Hike Foundation</p> <p>Location: Vancouver, West Kootenays, Delta, Nanaimo, Burnaby</p>	<p>22. Take a Hike Foundation https://www.takeahikefoundation.org/</p> <p>Take a Hike Foundation engages youth experiencing multiple barriers in a full-time program of intensive and continuous clinical counselling, outdoor adventure, academics, and community. They partner with public school districts who provide a high-quality education, and together they empower youth with the skills and resilience they need to navigate the challenges of life, build healthy relationships, and carve out their own path to success - however they define it.</p> <p>Type of programming: Support, recreational, outdoor</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: Not specified</p>	✓	✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>The Bridge</p> <p>Location: Kelowna</p>	<p>23. Etcetera https://www.thebridgeservices.ca/youth-services/etcetera/</p> <p>Etcetera is a facilitated program where youth who identify as LGBTQ+ can meet and make lasting friendships with supportive peers and allies in a dynamic, supportive space. Through this program, youth can explore their identities; forge friendships; build their sense of self-worth; access resources to improve their mental and physical health; and access tools to empower themselves and others.</p> <p>Type of programming: Safer space, support</p>	<p>Youth Population Focus: 2SLGBTQ+ youth</p> <p>Age: 11 to 18</p>	✓	✓	
<p>The Summit Youth Centre Hub</p> <p>Location: Invermere</p>	<p>24. THE HUB http://invermeresummit youthcentre.org/#</p> <p>THE HUB in Invermere is a space where youth can meet, hang out, and spend time with friends. The Hub provides a bully-free, drug-free, and alcohol-free environment. Afternoon and evening activities include a fully immersive VR “Cube”, foosball, video games, movies, board games, and much more. The Hub is run as a drop-in centre with the opportunity to access additional support services and programs. Youth are welcome to come and drop in commitment-free.</p> <p>Type of programming: Drop-in, support, recreational</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: 12 to 18</p>			✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Yellowhead Community Services</p> <p>Location: Clearwater</p>	<p>25. Clearwater Teen Night https://www.yellowheadcs.ca/programs-and-services/children-and-youth-6---18-years/youth-activities</p> <p>The Clearwater Teen Night offers a number of activities, both structured and unstructured, for youth to participate in. A multi-purpose room is used for watching movies, playing games, arts and crafts activities, and hanging out; a gym is used for a variety of sports activities. Special events and theme nights are regularly scheduled, and youth input is welcomed for other activities, supplies, and equipment.</p> <p>Type of programming: Drop-in, recreational</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: 12 to 18</p>			
<p>YMCA Northern BC</p> <p>Location: Prince George</p>	<p>26. YAP – Youth Around Prince https://nbc.ymca.ca/youth-services/</p> <p>YMCA Northern BC provides youth the support they need to thrive and works with Youth Around Prince (YAP) – a downtown resource centre for all youth in Prince George. The YAP Drop-In helps youth find shelter and work on their resumes, hosts workshops to teach different life skills, provides snacks and cooking classes, and provides access to showers and laundry facilities.</p> <p>Type of programming: Drop-in, workshops, support, recreational</p>	<p>Youth Population Focus: Northern youth</p> <p>Age: 13 to 24</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>YouthCo</p> <p>Location: Vancouver-based, serves communities throughout BC</p>	<p>27. YouthCo www.youthco.org</p> <p>YouthCo is an organization led by and composed of youth leaders. YouthCo engages in peer-led and youth-centered HIV and hepatitis C awareness and prevention education, including conversations about sexual health, harm reduction, and stigma.</p> <p>Type of programming: Peer support, educational</p>	<p>Youth Population Focus: Not specified</p> <p>Age: Not specified</p>		✓	
	<p>28. Mpowerment https://www.youthco.org/mpowerment</p> <p>Mpowerment is a space for queer and trans youth to meet, have fun, and support each other in making informed decisions about sexual health. Mpowerment is committed to reducing stigma related to HIV and to building communities where people feel safe talking about the highs and lows of sex, drugs, relationships, and all the things that bring pleasure.</p> <p>Type of programming: Educational, support</p>	<p>Youth Population Focus: 2SLGBTQ+ youth</p> <p>Age: 15 to 29</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>29. Yúusnewas https://www.youthco.org/yuusnewas</p> <p>Yúusnewas is an Indigenous youth-led program that provides opportunities for Indigenous youth to connect with each other, build skills and knowledge to take care of each other, and challenge stigma related to HIV and hepatitis C. The topics of sexual health and harm reduction are approached by centering Indigenous perspectives and incorporating traditional teachings.</p> <p>Type of programming: Cultural, educational, support</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: 14 to 29</p>	✓	✓	✓
<p>Zero Ceiling</p> <p>Location: Whistler</p>	<p>30. Adventure Sessions https://zeroceiling.org/adventure-sessions/</p> <p>Adventure Sessions is an accessible outdoor recreation program for youth experiencing or at risk of homelessness. The program offers a no-cost outdoor adventure day-camp for young people who are too often excluded from outdoors recreation. Based in the mountains of Whistler, Adventure Sessions partners with youth organizations to give young people a chance to connect with nature and each other. The program creates a safe, supportive environment where young people can take on new challenges, have new experiences, and build confidence.</p> <p>Type of programming: Camp, recreational, support, outdoor</p>	<p>Youth Population Focus: Youth at risk of homelessness</p> <p>Age: 16 to 24</p>			

Appendix E - Alberta

All of the included programs promote wellness and use a harm reduction approach.

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Alberta Aboriginal Youth Council</p> <p>Location: Alberta, multiple locations</p>	<p>1. Aboriginal Youth Leadership Initiative https://anfca.com/alberta-aboriginal-youth-council/</p> <p>The Aboriginal Youth Leadership Initiative served to develop the leadership skills of urban Aboriginal youth. Training was offered in a series of four provincial training sessions in Alberta which focused on leadership skills such as: conflict management; board development; public speaking; and self-esteem.</p> <p>Type of programming: Leadership, educational</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Not specified</p>	<p>✓</p>		
	<p>2. Aboriginal Youth Multimedia Initiative https://anfca.com/alberta-aboriginal-youth-council/</p> <p>The Aboriginal Youth Multimedia Initiative sought to foster awareness and critical thinking skills in urban Indigenous youth by providing them with the opportunity to investigate and express their views on family violence and bullying in their communities through the production of short films.</p> <p>Type of programming: Film production</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Not specified</p>	<p>✓</p>	<p>✓</p>	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>3. Traditional Advice Leads to Knowledge (TALK) https://anfca.com/alberta-aboriginal-youth-council/</p> <p>Traditional Advice Leads to Knowledge is a guide for youth that was created through conversations held between youth and Elders, one on one. The youth asked their Elder questions about the issues that youth currently face including suicide, addictions, gangs, education, and HIV/Aids.</p> <p>Type of programming: Community engagement, cultural</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Not specified</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>
<p>Alberta Native Friendship Centres Association (ANFCA)</p> <p>Location: Alberta, multiple locations</p>	<p>4. Youth and Elders Gathering https://anfca.com/youth-and-elders-gathering/</p> <p>The Youth and Elders Gathering (YEG) is an annual four-day event which brings together youth and Elders from ANFCA member Friendship Centres to learn from traditional teachings, discover ways to incorporate teaching into today’s world, gain awareness about critical community issues, share stories, and have fun. The connection formed between youth and Elders through this event enriches lives and contributes to the development of cultural pride, self-esteem, and the preservation of Indigenous cultures.</p> <p>Type of programming: Event, cultural, recreational</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Not specified</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Antyx Community Arts Society</p> <p>Location: Calgary</p>	<p>5. Youth Engagement Community Arts Project http://www.antlyx.org/programs-1</p> <p>What Feeds Us: program focusing on advocacy, food and cooking, all arts mediums</p> <p>Youth Arts Action Team North: creative leadership through visual arts (painting, drawing, sculpture, public art)</p> <p>Hip Hop Program & Cypher: expression through hip hop, dance, and poetry/spoken word</p> <p>Youth Voices: youth committee that creates signature events</p> <p>Type of programming: Arts-based workshops, advocacy, events</p>	<p>Youth Population Focus: Inner city youth</p> <p>Age: 12 to 24</p>			
<p>Aspen</p> <p>Location: Calgary</p>	<p>6. Youth Matters https://www.aspenfamily.org/programs/youth-matters</p> <p>Offering group programming and individual support, the Youth Matters program is designed to help youth and young adults make smart, informed decisions about relationships, school, employment, housing, and other important life choices.</p> <p>Type of programming: Support, recreational, creative</p>	<p>Youth Population Focus: Youth living in and near Calgary</p> <p>Age: 13 to 21</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>7. Headspace Bus https://www.aspenfamily.org/programs/headspace-bus</p> <p>Available as part of Aspen's Youth Matters program, the Bus provides a safe space for young people to think, have fun, and "get away from it all". On board, young people have an opportunity to connect with each other and members of the Aspen team, building supportive relationships and learning about resources available in the community.</p> <p>Type of programming: Mobile safer space, support</p>	<p>Youth Population Focus: Youth living in and near Calgary</p> <p>Age: 13 to 21</p>	✓		
<p>Be YOUth Centre</p> <p>Location: Medicine Hat</p>	<p>8. Be YOUth Centre https://www.beyouth.ca/about</p> <p>Free programming in a fun and safe environment gives Medicine Hat youth the opportunity to try something new, meet friends, and participate in the community, all while enjoying social and recreational activities.</p> <p>Type of programming: Drop-in, recreational, skill-building, support</p>	<p>Youth Population Focus: Not specified</p> <p>Age: 11 to 17</p>			
<p>carya</p> <p>Location: Calgary</p>	<p>9. BOOST https://caryacalgary.ca/our-programs/teens-tweens/boost/</p> <p>This 9-week program helps youth find positive meaning from past challenges and learn new skills to help them make healthier and happier life choices.</p> <p>Type of programming: Workshop, support, skill-building</p>	<p>Youth Population Focus: Youth experiencing bullying and/or violence</p> <p>Age: Not specified</p>	✓	✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Calgary Communities Against Sexual Abuse (CCASA)</p> <p>Location: Calgary</p>	<p>10. Youth 4 Change http://www.calgarycasa.com/initiatives/youth-4-change/</p> <p>Youth 4 Change engages youth to increase awareness of sexual violence among their peer groups. Through community events and awareness raising initiatives, they are working to empower youth to make a difference in their peer circles and communities by changing the culture that allows sexual violence to occur.</p> <p>Type of programming: Support, education, skill-building</p>	<p>Youth Population Focus: Not specified</p> <p>Age: Not specified</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>
<p>Centre for Race and Culture</p> <p>Location: Edmonton (and across Canada)</p>	<p>11. Unheard Youth https://cfrac.com/unheard-youth/</p> <p>Through the medium of storytelling and audio recording, youth across Canada share their experiences with identity, migration, and belonging. Host Rose-Eva Forgues-Jenkins travels from Edmonton to Fort St. John, Toronto, and Montreal to feature the voices of youth who are often unheard in mainstream media.</p> <p>Type of programming: Podcast</p>	<p>Youth Population Focus: Indigenous youth Newcomer youth</p> <p>Age: Not specified</p>	<p>✓</p>		
<p>CHEW Project</p> <p>Location: Edmonton</p>	<p>12. Shades of Colour Partnership https://chewprojectveg.org/programs/</p> <p>Shades of Colour is an allied organization with CHEW. It is a collective space for queer and trans Black, Indigenous, and People of Colour (BIPOC) to access resources and community supports. They meet biweekly, eat food together, be creative, and share stories in a semi-facilitated space.</p> <p>Type of programming: Group, support, creative</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: Not specified</p>	<p>✓</p>	<p>✓</p>	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>13. Rural Youth Project https://chewprojectyeg.org/programs</p> <p>An online resource for rural LGBTQ2S+ youth in Alberta.</p> <p>Type of programming: Online support, education</p>	<p>Youth Population Focus: Rural 2SLGBTQI+ youth</p> <p>Age: Not specified</p>	✓	✓	
	<p>14. Corey’s Corner https://chewprojectyeg.org/programs</p> <p>CHEW Project Community Mental Health Worker offers weekly support and education for LGBTQ2S+ youth and allies.</p> <p>Type of programming: Online support, education</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: Not specified</p>	✓	✓	
<p>City of Fort Saskatchewan</p> <p>Location: Fort Saskatchewan</p>	<p>15. Rainbow Alliance https://www.fortsask.ca/en/living-here/youth-and-families.aspx#</p> <p>A supportive and safe place open to all sexual orientations and gender identities, where youth can be themselves in a safe, affirming, sex-positive, alcohol- and drug-free environment.</p> <p>Type of programming: Safer space, group, support, educational, creative</p>	<p>Youth Population Focus: Rural 2SLGBTQI+ youth</p> <p>Age: 13+</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
iHuman Location: Edmonton	16. iHuman https://www.ihuman.org iHuman engages youth creatively, using the arts as a positive engagement tool. Creative expression is embedded in all iHuman programming as a therapeutic medium to address trauma and well-being, foster connection to cultural identity, and create belonging and opportunities for skills development and self-worth. Type of programming: Art therapy, cultural, skill-building, support	Youth Population Focus: Youth facing multiple barriers, including poverty, intergenerational trauma, addiction, mental health, abuse, racism and discrimination, and exploitation Age: 12 to 24	✓	✓	✓
	17. Creative Studios https://ihuman.org/programs/#creative-studios Creative Studios are spaces offering daily programming in music, fashion, visual art, and performance. iHuman arts mentorship model is a powerful tool that facilitates healing, skills development, cultural connection, and self-expression. Type of programming: Creative, cultural, mentorship, skill-building	Youth Population Focus: Not specified Age: Not specified	✓		
	18. Woven Journey https://ihuman.org/programs/#authenticity Woven Journey works with mothers to help them learn parenting skills, develop social networks, and keep families intact. It aims to benefit young parents and children who lack support systems and are impacted by intergenerational trauma and the ongoing effects of colonization. Type of programming: Cultural, skill-building, educational	Youth Population Focus: Young Indigenous mothers Age: 18 to 24	✓		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>19. iSucceed https://ihuman.org/programs/#authenticity</p> <p>iSucceed is a leadership education and employment program targeting older Indigenous youth who communicate goals beyond immediate crisis. Common life goals at iSucceed include advanced education, sustainable employment, and skills development.</p> <p>Type of programming: Leadership, skill-building, education and employment support</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: 19 to 24</p>			
<p>Inner City</p> <p>Location: Edmonton</p>	<p>20. Youth Engagement Program http://innercity.ca/youth-engagement-program</p> <p>The Youth Engagement Program provides youth with multi-literacy programs, counselling, living skills education, food, transportation, school supplies, and the tools, attitudes, and resources needed to change lives. Other preventative programming and support is provided as needed.</p> <p>Type of programming: Support, educational, skill-building</p>	<p>Youth Population Focus: Housing insecure youth Inner city youth Youth facing multiple barriers</p> <p>Age: Not specified</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>21. Negan Tepeh http://innercity.ca/negan-tepeh</p> <p>Negan Tepeh means "look towards the future" in Cree. This program was established to address the problems faced by Edmonton’s Indigenous youth as they struggle to break the cycle of poverty, abuse, addictions, lack of employable skills, dysfunctional habits, and long-term unemployment. Negan Tepeh offers holistic programming that includes health and support services. They have also developed an online safe space using the virtual world program, Second Life.</p> <p>Type of programming: Cultural, support, skill-building, online</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Not specified</p>	✓	✓	✓
	<p>22. Popular Theatre https://innercity.ca/popular-theatre</p> <p>The Popular Theatre program recognizes that self-expression in various art forms is valuable for youth. Many young people in this program use the self-expressive power of Popular Theatre to analyze and voice social issues that impact their lives. These issues often include violence, abuse, addictions, prostitution, and racism. Productions are then performed for a variety of audiences, including reserve communities, drug treatment facilities, schools, and universities.</p> <p>Type of programming: Theatre production, creative</p>	<p>Youth Population Focus: Indigenous youth Inner city youth Youth facing multiple barriers</p> <p>Age: Not specified</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Miywasin Centre</p> <p>Location: Medicine Hat</p>	<p>23. Youth Development Program http://miywasincentre.net/services</p> <p>The Youth Development Program promotes healthy active living, cultural awareness and appreciation, and racial harmony. Included in this initiative are several health and cultural programs, tutoring services, access to computers and internet, and opportunities for recreation, sports, field trips, culture camps, and cultural events.</p> <p>Type of programming: Cultural, support, recreational, events</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Not specified</p>	✓		
<p>Outlink</p> <p>Location: Calgary</p>	<p>24. Inside Out https://www.calgaryoutlink.ca/insideout</p> <p>Inside Out Youth Group is a fun, casual, and simultaneously supportive group for LGBTQ2S+ identified or questioning youth along with their friends, family, and allies.</p> <p>Type of programming: Group, support, recreational</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: 13 to 18</p>	✓	✓	
<p>Outloud</p> <p>Location: St. Albert</p>	<p>25. Outloud Youth https://outloudstalbert.ca/</p> <p>Outloud Youth is a safe place and group for 2SLGBTQ+ youth that offers youth-led and youth-directed programming that allows young people to connect, support each other, and learn.</p> <p>Type of programming: Safer space, support, group, recreational, creative</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: 13 to 24</p>	✓	✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
REACH Edmonton Location: Edmonton	26. WrapED https://reachedmonton.ca/initiatives/wraped/ WrapED provided a blended model of youth work and high-fidelity, wrap-around services. These services assisted youth at risk of or engaged in gangs to exit a high-risk lifestyle and move away from the threat of gangs. (Program has ended). Type of programming: Support, cultural	Youth Population Focus: Gang-connected youth Age: 12 to 17	✓	✓	✓
Urban Society for Aboriginal Youth Location: Calgary	27. Finding Victor VR https://usay.ca/virtual-reality/ Finding Victor is a virtual reality escape room that aims to tell a compelling story of an Indigenous youth, Victor, overcoming homelessness and stabilizing his life. Type of programming: Virtual reality escape room	Youth Population Focus: Indigenous youth Age: Not specified			
	28. Indigenous Inclusion Program https://usay.ca/programs/ A weekly, after-school program that supports Indigenous youth to engage on a healing journey and feel more included in their school and community. Type of programming: Drop-in, support	Youth Population Focus: Indigenous youth Age: Not specified	✓		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>29. Indigenous Tales https://usay.ca/programs/</p> <p>An interactive dinner theatre that allows Indigenous youth to express themselves through performance arts and engages the audience in powerful dialogue toward reconciliation.</p> <p>Type of programming: Creative (performance art)</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Not specified</p>	✓		
<p>Vantage Community Services</p> <p>Location: Red Deer</p>	<p>30. Street Ties Youth Outreach https://www.vantagecommunityservices.ca/programs-services/street-ties-youth-outreach/</p> <p>To find their best way forward, youth at risk of sexual exploitation and addiction need support in getting through each day. The drop-in centre is a welcoming environment where youth can get what they need to minimize the risks they face on the street. No matter the choices they make, they are welcome every day or whenever they wish to visit. Practical supports, educational supports, counselling, and more are available.</p> <p>Type of programming: Drop-in, support, educational</p>	<p>Youth Population Focus: Youth at risk of sexual exploitation and addiction</p> <p>Age: 13 to 21</p>	✓	✓	✓
<p>Wood's Homes</p> <p>Location: Calgary</p>	<p>31. Exit Youth Hub https://www.woodshomes.ca/news/exit-youth-hub/</p> <p>At the EXIT Youth Hub, teens and young adults can find holistic support, mental health counselling, transitional housing, physical health support, employment, life skills training, and more.</p> <p>Type of programming: Support, educational, outreach</p>	<p>Youth Population Focus: Housing insecure youth Inner city youth Youth facing multiple barriers</p> <p>Age: 12 to 24</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
Youth Central Location: Calgary	32. Bounce Back https://youthcentral.com/programs/outreach/ Bounce Back engages youth through the Calgary Young Offender Centre and Enviros ExCel Discovery program. It draws on music, hip-hop culture, and the arts to help youth be creative and express their feelings and experiences in a safe and supportive environment. The goal of Bounce Back is to encourage youth to direct their emotions towards a positive outlet, think critically, and hone their artistic abilities. Type of programming: Creative (music, hip hop culture, art)	Youth Population Focus: Justice-connected youth Age: 12 to 18	✓		
	33. Youth Are Awesome https://youthcentral.com/programs/youthareawesome/ Youth Are Awesome is a committee of bloggers and junior editors. Every month, bloggers are responsible for contributing at least two blog posts. They are also responsible for attending monthly meetings where they will have the opportunity to interact with other bloggers, participate in workshops, listen to guest speakers, and plan fundraising events. Youth Are Awesome accepts new bloggers all year around. Type of programming: Blog, workshops, events	Youth Population Focus: Not specified Age: 12 to 18	✓		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Youth One</p> <p>Location: Lethbridge</p>	<p>34. Groups and Rally Point https://www.youthone.ca/programs</p> <p>Groups are the main entity of Youth One. Groups are separated by grade and give youth a chance to join a community that meets weekly, where they can build friendships, play, grow personally, and do life with others. Rally Point is a main gathering event that happens once a month that brings all groups together to eat, learn from guest speakers, and enjoy activities and games.</p> <p>Type of programming: Group, support, recreational, educational</p>	<p>Youth Population Focus: Not specified</p> <p>Age: 11 to 18</p>			

Appendix F - Saskatchewan

All of the included programs promote wellness and use a harm reduction approach.

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
Boys and Girls Club Yorkton Location: Yorkton	1. The Outlet https://www.boysandgirlsclubofyorkton.ca/programs/teen-programming The Outlet is a space designed for teens to feel welcome, safe, engaged, and have a sense of ownership while participating in youth recreational and support programming. Type of programming: Drop-in, recreational, support, safer space	Youth Population Focus: Rural youth Age: 13 to 18			
Chokecherry Studios Location: Saskatoon	2. <i>Wapahki</i> https://www.facebook.com/chokecherry.saskatoon/ A youth-led talking circle and art therapy program giving youth the platform to speak about issues of inequality, mental health, education, racism, and more. Type of programming: Support group, creative, cultural, workshop	Youth Population Focus: Inner city youth Youth facing multiple barriers Age: Not specified	✓	✓	✓
Core Neighbourhood Youth Co-Op (CYNC) Location: Saskatoon	3. Cultural Teachings http://cnyc.ca/programming/ CNYC offers cultural teachings. This program offers youth an opportunity to develop a sense of cultural pride and develop relationships with community elders, as well as helping to keep cultural traditions alive. Type of programming: Cultural	Youth Population Focus: Indigenous youth Inner city youth Youth facing multiple barriers Age: 15 to 20			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>4. Drop-In Sessions http://cnyc.ca/programming/</p> <p>Drop-in programs give youth an opportunity to learn creativity, community engagement, self-esteem, and sobriety as a path to healing, health, fulfillment, and well-being. All programs offer basic life and job skills.</p> <p>Type of programming: Drop-in, recreational, creative, skill-building</p>	<p>Youth Population Focus: Inner city youth Youth facing multiple barriers</p> <p>Age: 15 to 20</p>	✓		✓
	<p>5. Night Programming http://cnyc.ca/programming/</p> <p>Youth Night is a social program that runs twice a week with the main purpose of encouraging youth to live a healthy, balanced lifestyle through exercise and play. Other goals of Youth Night include encouraging youth to enjoy exercise in a recreational setting; provide health and wellness information to assist in leading a balanced lifestyle; and to provide a safe, non-judgemental environment where youth are welcomed and encouraged to exercise and explore new activities they can continue with after the program ends.</p> <p>Type of programming: Drop-in, educational, recreational, safer space</p>	<p>Youth Population Focus: Inner city youth Youth facing multiple barriers</p> <p>Age: 16 to 20</p>	✓		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>6. Word on the Street (WOTS) http://cnyc.ca/programming/</p> <p>WOTS is an online platform for youth to share their experiences and express their opinions on issues that affect them while simultaneously giving them an opportunity to develop new skills, connect with culture, and pursue their own methods of creative expression.</p> <p>Type of programming: Online platform</p>	<p>Youth Population Focus: Inner city youth Youth facing multiple barriers</p> <p>Age: 16 to 20</p>	<p>✓</p>		
<p>EGADZ</p> <p>Location: Saskatoon</p>	<p>7. Day Support Program https://www.egadz.ca/programs/first_avenue_campus.html</p> <p>The objective of the Day Program is to provide community-based programming through education, life skills, cultural awareness, community programming, and employment opportunities. The main objective of the program is to increase social stabilization, then assist youth to reintegrate into an appropriate educational or employment placement. This is done by reducing risk factors related to reoffending by providing intensive supervision that reduces recidivism and empowers positive behavioural change.</p> <p>Type of programming: Cultural, educational, employment experience, skill-building</p>	<p>Youth Population Focus: Youth involved with the justice system Unemployed youth Youth facing multiple barriers Youth who wish to return to school</p> <p>Age: 12 to 17</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>8. Drop-In Centre https://www.egadz.ca/programs/dropin_centre.html</p> <p>The Drop-In Centre at EGADZ is the hub of activity where the youth come and hang out outside of school hours. It is a safe, inclusive, and supervised environment where young people can access a broad range of services that increase their developmental opportunities and enhance their quality of life, including cultural programs, education and training programs, health programs, support, and information. The objective of the program is to provide a safe, supportive environment where children and youth experience new opportunities, overcome barriers, develop positive relationships, and build confidence and the skills of life.</p> <p>Type of programming: Drop-in, cultural, skill-building, support</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: 12 to 19</p>	✓	✓	✓
<p>File Hills Tribal Council</p> <p>Location: Fort Qu’Appelle</p>	<p>9. Youth Action Plan (YAP) http://fhqtc.com/yes/</p> <p>The File Hills Qu’Appelle Health Services YAP team provides health programming to the youth of the 11 First Nations within the File Hills Qu’Appelle Tribal Council. These meetings are youth driven and topics are identified based on youth interests. Previous topics have included bullying and cyber bullying, drugs, healthy relationships, suicide awareness, sexually transmitted infections, nutrition and traditional foods, cultural identity, and gangs.</p> <p>Type of programming: Cultural, skill-building, workshops</p>	<p>Youth Population Focus: Indigenous youth from File Hills First Nations</p> <p>Age: Grades 9 to 12</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
fYrefly Saskatchewan Location: Regina Saskatoon	10. Camp fYrefly https://www.fyreflysask.ca/ An annual camp, Camp fYrefly-Saskatchewan is an educational, social, and personal learning retreat for gender and sexually diverse youth. It focuses on building and nurturing their leadership potential and personal resiliency in an effort to help them learn how to make significant contributions to their own lives and to their schools, home/group-home environments, and communities. Type of programming: Camp	Youth Population Focus: 2SLGBTQI+ youth Age: 14 to 24	✓	✓	
Gordon Tootoosis nikaniwin Theatre Location: Saskatoon	11. Circle of Voices https://www.gtnt.ca/programs/ The Circle of Voices program provides a safe environment for youth to explore their creativity and learn about Indigenous theatre. Youth receive training in all aspects of theatre, attend workshops by local artists, and learn the skills needed to put on a full-scale production. Type of programming: Theatre workshops, cultural	Youth Population Focus: Indigenous youth Age: 16 to 25			
OUTSaskatoon Location: Saskatoon	12. Rainbow Coffee https://www.outsaskatoon.ca/rainbow_coffee_group Rainbow Coffee is a safe space for queer, questioning, and ally youth to come together, hang out, learn about the world, and have fun. Type of programming: Support group, recreational, safer space	Youth Population Focus: 2SLGBTQI+ youth Age: 13 to 19	✓	✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>OUTSaskatoon and Saskatoon Sexual Health</p> <p>Location: Saskatoon</p>	<p>13. SHOUT https://www.shoutyxe.ca/</p> <p>The SHOUT Project is a joint effort between OUTSaskatoon and Saskatoon Sexual Health. It is a culturally appropriate HIV, hepatitis C, and other STBBI's prevention intervention to help youth and young adults learn about sexual health and build a conscious community.</p> <p>Type of programming: Support group, cultural, educational</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: 14 to 29</p>	✓	✓	
<p>Pinehouse Photography Club</p> <p>Location: Northern Saskatchewan</p>	<p>14. Pinehouse Photography Club https://www.pinehousepc.com/</p> <p>The club's main objective is to help young people change the way they see their lives by teaching and using therapeutic photography techniques as a means to prevent mental health problems and/or addiction.</p> <p>Type of programming: Creative, cultural, skill-building</p>	<p>Youth Population Focus: Northern youth Rural youth Indigenous youth</p> <p>Age: 9 to 18</p>	✓		✓
<p>Piwapan Women's Centre</p> <p>Location: La Ronge</p>	<p>15. Iskweis Club https://www.facebook.com/groups/809878895852204/</p> <p>Iskweis Club is a girls' empowerment group that seeks to provide a safe place for young females between the ages of 12 and 25 years. Meetings are led by trained professionals and community leaders in La Ronge. Topics include violence, healthy relationships, self-value, and sexual and reproductive health.</p> <p>Type of programming: Support, group, workshops</p>	<p>Youth Population Focus: Female-identifying northern youth</p> <p>Age: 12 to 25</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Rainbow Youth Centre</p> <p>Location: Regina</p>	<p>16. Youth C.A.R.E. http://www.rainbowyouth.com/youth-c-r-e/</p> <p>Youth C.A.R.E.'s goal is to involve youth in creating a safe, caring, healthy, and adaptive community of support by sharing responsibility for recognizing, accepting, and developing personal skills.</p> <p>Type of programming: Support, educational, recreational, skill-building</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: 11 to 25</p>	<p>✓</p>	<p>✓</p>	
<p>Regina Open Door Society</p> <p>Location: Regina</p>	<p>17. Youth Bridges Program https://rods.sk.ca/pages/youth-program</p> <p>Program bridges Newcomers with Indigenous youth, promoting friendship, cultural sharing, understanding, and appreciation.</p> <p>Type of programming: Cultural, recreational</p>	<p>Youth Population Focus: Newcomer youth Indigenous youth</p> <p>Age: 13 to 21</p>			
<p>Saskatchewan Intercultural Association</p> <p>Location: Saskatoon</p>	<p>18. ConnectED Pathways https://www.saskintercultural.org/programs/youth-programs/connected-pathways</p> <p>ConnectED Pathways is an educational and recreational program for Newcomer youth. It integrates sports and recreation, arts and crafts, culture and history, health, volunteerism, leadership, career exploration, schoolwork support, and English language enhancement. Participants will make new friends, learn more about life in Canada, build self-confidence, enhance English language skills, and have a lot of fun.</p> <p>Type of programming: Educational, cultural, leadership, recreational, schoolwork and language support, volunteering</p>	<p>Youth Population Focus: Newcomer youth</p> <p>Age: 6 to 18</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Saskatoon Community Youth Arts Programming Inc. (SCYAP)</p> <p>Location: Saskatoon</p>	<p>19. Saskatoon Community Youth Arts Programming Inc. (SCYAP) www.scyapinc.org</p> <p>SCYAP’s goal is to involve youth in creating a safe, caring, healthy, and adaptive community of support by sharing responsibility for recognizing, accepting, and developing personal skills.</p> <p>Type of programming: Arts-based, skill-building, cultural, support</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: 16 to 30</p>	<p>✓</p>	<p></p>	<p>✓</p>
<p>Saskatoon Tribal Council</p> <p>Location: Saskatoon</p>	<p>20. White Buffalo Youth Lodge https://www.sktc.sk.ca/programs-services/family-community-services/community-supports/white-buffalo-youth-lodge/</p> <p>The mission and vision of White Buffalo Youth Lodge (WBYL) is dedicated to improving the quality of life and health for children, youth, young adults, and their families in the inner city through integrated, holistic support services. WBYL is a multipurpose centre used during the day for educational classes, functions, meetings, and more; in the late afternoon/evening, it serves as a youth recreational facility fostering a safe and fun environment for all to participate in.</p> <p>Type of programming: Drop-in, support, recreational, educational, cultural</p>	<p>Youth Population Focus: Indigenous youth Youth facing multiple barriers</p> <p>Age: Not specified</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Sober House</p> <p>Location: Prince Albert</p>	<p>21. Sober House Project https://soberhouse.ca/</p> <p>A project encouraging the display of signs in windows to show that a home is sober. This strengthens a community from the inside out by offering visual proof of sober people and a place for people looking for support or refuge from substance abuse.</p> <p>Type of programming: Support, safer space</p>	<p>Youth Population Focus: Not specified</p> <p>Age: Not specified</p>			<p>✓</p>
<p>Street Culture Project</p> <p>Location: Regina</p>	<p>22. Street Culture Project https://streetcultureproject.org/</p> <p>Street Culture Project (SCP) is an organization that actively works to empower vulnerable youth within the community. SCP utilizes social entrepreneurship, positive role-modeling, community resources, positive social activities, education-based programming, and life-skills training to enable youth to be the change they wish to see within their own lives.</p> <p>Type of programming: Drop-in, educational, recreational, skill-building, support</p>	<p>Youth Population Focus: Housing insecure youth Youth facing multiple barriers</p> <p>Age: Not specified</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>23. Cultural Programming https://streetcultureproject.org/cultural-programming/</p> <p>Street Culture provides an alternative route that breaks the poverty cycle through resource sharing, youth-centred practices, and emphasizing opportunities for personal development. Partnerships with established services, agencies, and Knowledge Keepers help introduce Indigenous culture, ceremonies, and activities such as Pow Wow, medicine wheel teachings, naming ceremonies, colours, four directions, four sacred medicines, and Treaties. Indigenous arts and crafts, recreational activities, and support groups based on traditional teachings and reconciliation are also offered.</p> <p>Type of programming: Cultural, educational, creative, support</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Not specified</p>	<p>✓</p>		
	<p>24. SCOPE https://streetcultureproject.org/s-c-o-p-e/</p> <p>Street Culture’s evening program provides regular prosocial activities to engage youth with the community and agency. The nightly program includes recreational, artistic, social, and resource-based programming.</p> <p>Type of programming: Night program, recreational, creative, support</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: Not specified</p>	<p>✓</p>		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Truly Alive Youth and Family Foundation Inc.</p> <p>Location: Saskatoon</p>	<p>25. Youth Program https://trulyalivefoundation.org/campaigns/youth-development-and-community-engagement/</p> <p>Truly Alive Youth and Family Foundation Inc. (TAYFFI) is committed to reinforcing collective consciousness on civic engagement, fostering social inclusion, promoting intercultural learning, and building new relationships among members of the Indigenous, Newcomer, and Ethnocultural communities across the Greater Saskatoon communities.</p> <p>Type of programming: Cultural, community engagement, advocacy, mentorship, workshops</p>	<p>Youth Population Focus: Ethnocultural youth Indigenous youth Newcomer youth</p> <p>Age: Not specified</p>	✓		✓
<p>Turning Point Youth Centre</p> <p>Location: Meadow Lake</p>	<p>26. Turning Point Youth Centre https://www.efreemeadowlake.ca/turning-point-youth-centre.html</p> <p>Turning Point Youth Centre is a faith-based initiative committed to promoting and providing a safe meeting place where youth will have the opportunity to develop life skills and healthy connections with peers, learn to develop safeguards and make healthy decisions, have access to helpful resources, and where positive development is encouraged.</p> <p>Type of programming: Drop-in, faith-based</p>	<p>Youth Population Focus: Northern, remote, and rural youth</p> <p>Age: 13 to 18</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
UR Pride Location: Regina	27. Group Z https://www.urpride.ca/group-z-queer-youth-group/ A weekly group for queer, trans, and questioning youth. Type of programming: Group, educational, recreational, support	Youth Population Focus: 2SLGBTQI+ youth Age: 16 to 24	✓	✓	
	28. Junk? In MY trunk? https://www.facebook.com/JIMTPodcast/community/ A youth-led and youth-designed podcast/radio show hosted by queer youth that talks about safer sex, STBBI and pregnancy awareness, and the risks of drug use. Type of programming: Podcast/radio	Youth Population Focus: 2SLGBTQI+ youth Age: 14 to 24		✓	✓
	29. Queer Youth Group https://www.urpride.ca/spectrum/youth/ UR Pride’s Queer Youth Group is a safer space for queer, trans+, questioning, and allied youth between the ages of 12 and 18 that works toward breaking down homophobia, transphobia, biphobia, intersex phobia, acephobia, and transmisogyny. Type of programming: Group, educational, recreational	Youth Population Focus: 2SLGBTQI+ youth Age: 12 to 18, facilitated by queer mentors (19 to 24) or youth staff	✓	✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>30. Sask Queer Trans Youth (QTY) Network http://www.urpride.ca/saskqty/</p> <p>The #SaskQTY Network is aimed at fostering engagement of underrepresented youth groups in civic life. This year-long project is meant to establish a network of Two Spirit, lesbian, gay, Trans, queer (2SLGBTQ), and allied youth across the province. Together they will learn about leadership, volunteerism, event planning, advocacy, non-profit governance, and political networking all through their interest in 2LGBTQ issues, identity, and theory. The end goal of this project is to equip 2SLGBTQ youth with the skills for civic engagement, community organizing, and volunteerism.</p> <p>Type of programming: Group, community engagement, educational, leadership</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: 14 to 30</p>	<p>✓</p>	<p>✓</p>	

Appendix G - Manitoba

All of the included programs promote wellness and use a harm reduction approach.

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Broadway Neighbourhood Centre</p> <p>Location: Winnipeg</p>	<p>1. Just TV https://www.thebnc.ca/just-tv</p> <p>Just TV provides youth with opportunities to express themselves through multimedia in a safe, fun, and creative environment. Participants engage in all facets of the audio and video industry and are tasked to make a video based on their interests, experiences, and lives. An annual showcase of all videos and projects is held at the end of the sessions for families and friends to enjoy.</p> <p>Type of programming: Film production</p>	<p>Youth Population Focus: Not specified</p> <p>Age: 16 to 24</p>			
<p>City of Brandon</p> <p>Location: Brandon</p>	<p>2. Youth Centre http://brandonyouth.ca/youth-centre/about-us</p> <p>The City of Brandon Youth Centre provides a safe and inclusive space for all youth to grow, develop, and discover their passion. Through a variety of learning and life experiences, individuals will be encouraged to celebrate successes and failures while improving personal, social, and intellectual skills to become contributing members of society.</p> <p>Type of programming: Drop-in, support, educational, recreational</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: 8 to 17</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Eagles Fire Youth Centre</p> <p>Location: Portage la Prairie</p>	<p>3. Cultural Connections for Aboriginal Youth http://ptgfc.org/Programs.html#Youth_Centre</p> <p>Cultural Connections for Aboriginal Youth is based out of the Eagles Fire Youth Centre. Programs offered are designed to improve and enhance the quality of life for all youth in the city of Portage la Prairie and surrounding areas through positive lifestyle activities. Youth participate in a variety of recreational and cultural activities. The Youth Centre also provides employment skills, life skills, and leadership skills education and support.</p> <p>Type of programming: Cultural, recreational, skill-building</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: 12 to 24</p>			
	<p>4. Lighthouses Project http://ptgfc.org/Programs.html#Youth_Centre</p> <p>The Lighthouses Project is a community-based crime-prevention program. It offers youth positive environments by involving them in identifying, participating in, developing, and leading activities, and learning new skills. The program is offered throughout the year in conjunction with the Guys & Girls Club.</p> <p>Type of programming: Safer space, skill-building, recreational</p>	<p>Youth Population Focus: Indigenous youth Rural youth</p> <p>Age: 10 to 24</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Flin Flon Aboriginal Centre</p> <p>Location: Flin Flon</p>	<p>5. Youth Programming https://flinflonfriendshipcentre.ca/programs/community-youth-programming-resources/</p> <p>Supports youth to be active and participatory members in the community by fostering confidence and capacity in youth to successfully manage their future and become role models for the generations to come. Programming includes culture and language development, skill building and guidance, providing a safe environment, and encouraging youth to take advantage of opportunities. Organized evening activities include sports and recreation, cultural traditions, health education, community involvement, and social nights. Youth advisory meetings inform the direction and content of programming.</p> <p>Type of programming: Safer space, cultural, leadership, recreational, skill-building, support</p>	<p>Youth Population Focus: Indigenous youth Rural youth</p> <p>Age: Not specified</p>	✓	✓	✓
<p>Graffiti gallery</p> <p>Location: Winnipeg</p>	<p>6. Studio 393 https://www.graffitigallery.ca/studio-393</p> <p>Studio 393 is a free, youth-led arts studio and an initiative of Winnipeg's Graffiti Art Programming Inc. The space is dedicated to connecting emerging artists to each other and to community organizations that will help them grow as individuals and artists.</p> <p>Type of programming: Creative, cultural, skill-building</p>	<p>Youth Population Focus: Young emerging artists</p> <p>Age: Not specified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Ka Ni Kanichihk</p> <p>Location: Winnipeg</p>	<p>7. Root Connections https://www.kanikanichihk.ca/programs/</p> <p>The goal of this program is to reduce gang-related criminal activity and violent offences among female Indigenous youth by addressing root causes through cultural reclamation and grounding, programmed within a land-based learning approach, and reinforcing new behaviours with education, in-school supports, pre-employment skill development, community volunteering, and job exploration activities. Additionally, working with theatrical interventions to explore self, youth issues, and unhealthy behaviours, the program works to facilitate change and promote healing and growth through the use of story-telling and projective play, purposeful improvisation, and performance. The program is delivered using a community resource approach and seeks to build on existing strengths; use knowledge-based programming; and link healing, belonging, and employment.</p> <p>Type of programming: Cultural, creative, educational, land-based, support</p>	<p>Youth Population Focus: Female-identifying youth Indigenous youth Gang-connected youth Justice-connected youth</p> <p>Age: 12 to 17</p>			
	<p>8. U Matter https://www.kanikanichihk.ca/programs/</p> <p>UMatter addresses teen/youth dating violence in a culturally safe, trauma-, and violence-informed environment. Programming focuses on increasing youths' sense of self and belonging and helps them move toward making positive changes in their lifestyle behaviours.</p> <p>Type of programming: Safer space, educational</p>	<p>Youth Population Focus: Inner city youth Youth facing multiple barriers</p> <p>Age: Not specified</p>	✓	✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Ma Mawi Wi Chi Itata Centre</p> <p>Location: Winnipeg</p>	<p>9. Future is Yours https://www.mamawi.com/future-is-yours/</p> <p>The goal of the Future is Yours program is to provide youth with skills, training, and volunteer experiences to gain employment. Through weekly workshops, participants learn how to write their resume, acquire various certifications, and gain valuable volunteer experience. The program is also designed for youth to gain employment with the City of Winnipeg’s Recreation Department for summer employment, as well as Ma Mawi Wi Chi Itata’s summer green team. Future Is Yours also focuses on self-growth and goal setting through workshops, such as suicide awareness and prevention, healthy relationships, community awareness, and personal empowerment. The program is designed for youth to better understand the community and the labour market, and develop leadership skills, self-esteem, and confidence.</p> <p>Type of programming: Workshops, skill-building, volunteering</p>	<p>Youth Population Focus: Indigenous youth Youth facing multiple barriers</p> <p>Age: 15 to 24</p>	<p>✓</p>	<p>✓</p>	
	<p>10. Positive Adolescent Sexuality Support (PASS) https://www.mamawi.com/youth-development/</p> <p>On a request basis, youth are educated on topics such as healthy relationships, teen dating violence, birth control methods, sexually transmitted infections, self-esteem, and much more. PASS also incorporates cultural teachings and focuses on the importance of educating Indigenous youth in a positive, comfortable, safe, and supportive environment.</p> <p>Type of programming: Workshop, educational, cultural</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Not specified</p>		<p>✓</p>	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>11. Sacred 7 Youth Council https://www.mamawi.com/youth-development/</p> <p>Participants in the Youth Programs work together to act as the voice of community youth and make decisions to better the Ma Mawi Youth Program and community. The Youth Council meets twice a month to discuss important issues, programs, and new incentives for participants and families attending Ma Mawi programs.</p> <p>Type of programming: Leadership, community engagement</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Not specified</p>			
	<p>12. Solvent Abuse Prevention Program https://www.mamawi.com/youth-development/</p> <p>Educational program that supports partnerships with Rossbrook House, Winnipeg Boys and Girls Club, and Turtle Island Neighbourhood Centre to promote healthy lifestyles and address solvent abuse.</p> <p>Type of programming: Educational</p>	<p>Youth Population Focus: Indigenous youth Youth facing multiple barriers</p> <p>Age: Not specified</p>			✓
	<p>13. Turtle Island Neighbourhood Centre https://www.mamawi.com/youth-development/</p> <p>A weekly drop-in program that focuses on providing a safe and cultural environment for youth including teachings, crafts, and activities to keep youth engaged and active.</p> <p>Type of programming: Drop-in, cultural, educational, creative, recreational</p>	<p>Youth Population Focus: Indigenous youth Youth facing multiple barriers</p> <p>Age: Not specified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Ma Mow We Tak</p> <p>Location: Northern Manitoba</p>	<p>14. Youth Council https://news.gov.mb.ca/news/index.html?item=23570&posted=1998-09-09</p> <p>Located in northern Manitoba, Ma Mow We Tak Friendship Centre administers culturally appropriate initiatives with northern Indigenous youth to assist in reducing unintended adolescent pregnancies.</p> <p>Type of programming: Leadership, cultural, educational</p>	<p>Youth Population Focus: Northern Indigenous youth</p> <p>Age: Not specified</p>		✓	
<p>Manitoba Youth in Care</p> <p>Location: Winnipeg</p>	<p>15. Girl’s Group https://voices.mb.ca/what-we-do/programs/girls-group/</p> <p>Girl’s Group provides an open and safe environment for any youth in care. It empowers individuals who identify as female to learn with and from each other about their rights, share experiences, and discuss matters important to them.</p> <p>Type of programming: Group, safer space, educational</p>	<p>Youth Population Focus: Female identifying youth in and from care</p> <p>Age: 12 to 24</p>		✓	
	<p>16. System Kidz https://voices.mb.ca/what-we-do/programs/system-kidz/</p> <p>System Kidz is a weekly radio show. Youth can speak out, share the music or poetry they've made, and discuss topics important to youth in and from care.</p> <p>Type of programming: Radio</p>	<p>Youth Population Focus: Youth in and from care</p> <p>Age: Not specified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>17. Your Voice Matters https://voices.mb.ca/what-we-do/programs/youth-voice-matters/</p> <p>Your Voice Matters is open to youth ages 18 and older in and from care, who want a safe space to share their story with others who 'get it'. Youth enjoy dinner, good company, and honest conversation about life after care.</p> <p>Type of programming: Group, safer space, support</p>	<p>Youth Population Focus: Youth in and from care</p> <p>Age: Youth 18 and over</p>			
<p>Ndinawe</p> <p>Location: Winnipeg</p>	<p>18. Ndinawe https://ndinawe.ca/about/</p> <p>Ndinawe programs target harm reduction, crisis intervention, education, and stabilization for young people at risk of or experiencing homelessness, sexual exploitation, family conflict, placement breakdown, and mental health crises. The programs work to build a sense of connection and belonging for youth at risk, to strengthen the youth voice within the community, and reduce the social isolation they experience. Ndinawe has a strong history of providing innovative and culturally informed programs to underserved communities as part of a positive path towards a better future for Winnipeg's Indigenous and at-risk youth.</p> <p>Type of programming: Safer space, support, cultural, education, recreation</p>	<p>Youth Population Focus: Indigenous youth Youth facing multiple barriers</p> <p>Age: 13 to 24</p>	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Rainbow Resource Centre</p> <p>Location: Winnipeg</p>	<p>19. Youth Program https://rainbowresourcecentre.org/</p> <p>Rainbow Resource Centre offers 2SLGBTQ+ youth a fun, positive space to learn new skills, create projects, and celebrate their identities. Programming focuses on fostering resilience, and increasing self-esteem and self-confidence while building social networks, contacts, and peer support.</p> <p>Type of programming: Group, support, educational</p>	<p>Youth Population Focus: 2SLGBTQ+ youth</p> <p>Age: 13 to 21</p>	✓		
<p>Resource Assistance for Youth, Inc.</p> <p>Location: Winnipeg</p>	<p>20. Health and Wellness https://rayinc.ca/health-and-wellness/</p> <p>RaY's innovative Life Skills Program addresses the barriers keeping marginalized and homeless youth on the streets through the provision of strength-based, youth-centred workshops and recreational activities. All departments at RaY contribute to the design and implementation of the program. Each workshop addresses the emergent and long-term needs of street-youth in a supportive group setting.</p> <p>Type of programming: Workshops, recreational</p>	<p>Youth Population Focus: Housing insecure youth Youth facing multiple barriers</p> <p>Age: Under 29</p>	✓	✓	✓
<p>Riverton and District Friendship Centre</p> <p>Location: Riverton</p>	<p>21. Youth Centre https://www.rivertonfc.com/programs</p> <p>The youth drop-in centre is an environment where youth can establish trusting relationships and develop a healthy lifestyle and self-confidence; promotes personal growth, creativity, and community participation through a range of programming.</p> <p>Type of programming: Drop-in, creative, recreational</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: Not specified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
Rossbrook House Location: Winnipeg	22. White Sash Keepers https://rossbrookhouse.ca/programming/white-sash-keepers/ The White Sash Keepers Program provides weekly activities, cultural teachings, and opportunities for service work for boys and girls. In addition to fostering positive cultural identity, a greater sense of belonging, and personal self-esteem, the program activities aim to lower barriers to employment for Indigenous youth. Type of programming: Cultural, community engagement, skill-building	Youth Population Focus: Indigenous youth Age: 12 to 18	✓		
Sexuality Education Resource Centre Location: Winnipeg	23. Teen Talk http://teentalk.ca/ Teen Talk is a youth health education program that provides services for youth from a harm reduction, prevention education perspective. It focuses on sexuality, reproductive health, body image, substance use awareness, mental health, issues of diversity, and anti-violence issues. It adheres to the belief that by providing youth with accurate, non-judgemental information, they can make healthier decisions and choices for themselves. Type of programming: Peer education, workshop	Youth Population Focus: Not specified Age: 14 to 18	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Spence Neighbourhood Association</p> <p>Location: Winnipeg</p>	<p>24. Youth/Newcomer Youth Drop-In Program https://www.spenceneighbourhood.org/youth</p> <p>The Youth Program is an evening drop-in program. A full healthy meal is served every evening and a safe ride home or bus tickets are provided at the end of every night. Outings or activities are planned every evening and youth have the option of coming to hang out with staff, being creative with crafts, or using the gym. Activities and outings include going to the beach, sports, games, movies, skating, cooking class, bowling, roller skating, and more. All of these activities are free to registered youth.</p> <p>Type of programming: Drop-in, recreational, creative</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: 12 to 18</p>			
<p>Teen Stop Jeunesse</p> <p>Location: Winnipeg</p>	<p>25. Multiple programs http://www.teenstop.ca/our-programs/</p> <p>Teen Stop Jeunesse offers a variety of programs for youth, ranging from learning to cook to playing guitar. Programming evolves and expands to meet the needs and interests of youth.</p> <p>Type of programming: Support, skill-building, creative</p>	<p>Youth Population Focus: Inner city youth</p> <p>Age: Not specified</p>			
<p>Youth Agencies Alliance (YAA)</p> <p>Location: Winnipeg</p>	<p>26. Youth Council https://www.youthagenciesalliance.com/youth-council</p> <p>The Youth Agencies Alliance Youth Council was created to give youth the platform to voice their concerns, opinions, and needs. Issues or trends identified by the youth council can also help YAA advocate on behalf of youth in the broader community.</p> <p>Type of programming: Leadership, community engagement</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: Not specified</p>			

Appendix H - Ontario

All of the included programs promote wellness and use a harm reduction approach.

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Algoma Family Services</p> <p>Location: Sault Ste Marie, Ontario</p>	<p>1. YOUnion http://www.algomafamilyservices.org/index.php?g=3,19,122</p> <p>This program is a youth-driven group supported by volunteer adult allies. Involved youth shape the activities of the group by meeting regularly to discuss and plan what is most important to them.</p> <p>Type of Programming: Group, support, recreational</p>	<p>Youth Population Focus: Unspecified</p> <p>Age: 12 to 25</p>	✓		
<p>Dilico Anishnabek Family Care</p> <p>Location: Thunder Bay, Ontario</p>	<p>2. Youth Outreach Services https://www.dilico.com/yow/default.asp</p> <p>The program supports youth in their capacity to make healthy life choices and promotes the development of skills and civic participation, including community and peer leadership.</p> <p>Type of Programming: Outreach, skill-building, leadership</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Unspecified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
FIREFLY Location: Dryden, Sioux Lookout, Red Lake, Ontario	3. Child Development http://www.fireflynw.ca/mental-health-child-development The focus of the program is to help children and youth obtain an optimal level of development and maximize their potential. Counsellors may work with others involved in the child/youth's life such as teachers, doctors, occupational therapists, speech language pathologists. Type of Programming: Support	Youth Population Focus: Youth diagnosed with a developmental delay or disability, or are at risk of developmental disability Age: 7 to 18	✓		
	4. Youth Justice Services http://www.fireflynw.ca/mental-health-youth-justice-services Youth Justice Services provides mental health assessment and intervention to youth who are before the court as a result of committing offences under the Youth Criminal Justice Act. Type of Programming: Support	Youth Population Focus: Court-involved youth Age: 12 to 18	✓		
Kenora Sexual Assault Centre Location: Kenora, Ontario	5. Sassy and Classy https://www.kenorasexualassaultcentre.ca/index.php/about/services This group aims to empower youth through education and connection. The group utilizes forms of creative expression to teach youth about issues affecting young women including consent, online safety, self-esteem, drug use, and body image. Type of Programming: Support, group, workshop, educational	Youth Population Focus: Female-identifying youth Age: 11 to 17	✓	✓	✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Misiway Milopemahtesewin Community Health Centre</p> <p>Location: Timmins, Ontario</p>	<p>6. Child and Youth Program https://www.misiway.ca/index.php/services/child-and-youth-program</p> <p>Services include one-on-one counselling to individuals under the age of 19. This program uses a traditional approach including land-based activities to strengthen self-esteem and coping mechanisms.</p> <p>Type of Programming: Support, land-based, cultural</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Under 19</p>	✓		
<p>Moose Cree First Nation</p> <p>Location: Moose Factory, Ontario</p>	<p>7. John R. Delaney Youth Centre https://www.moosecree.com/departments/youthservices/</p> <p>This program provides activities, services, and programs for the youth of Moose Factory.</p> <p>Type of Programming: Drop-in, cultural, recreational</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Unspecified</p>			
<p>NewYouth.ca</p> <p>Location: Online</p>	<p>8. Online Community https://newyouth.ca/en</p> <p>This program enhances the accessibility of settlement services for Newcomer youth by utilizing content that is written in clear and appropriate language, multimedia technology, and online social media tools. It also provides youth with a venue to ask questions and receive accurate information and referral online from qualified peers and professionals.</p> <p>Type of Programming: Virtual support, educational</p>	<p>Youth Population Focus: Newcomer youth</p> <p>Age: Unspecified</p>	✓	✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Nishnawbe Aski Nation (NAN)</p> <p>Location: Multiple locations, Ontario</p>	<p>9. NAN Hope https://www.nan.ca/youth/</p> <p>NAN HOPE is a Telephone & Virtual Rapid Access Centre that offers three services: 24/7 toll-free rapid access to confidential crisis services; navigators who provide connection to ongoing mental health and addictions support services in home communities and existing regional supports; and rapid access to clinical and mental health counselling.</p> <p>Type of Programming: Support</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Unspecified</p>	<p>✓</p>		<p>✓</p>
	<p>10. Choose Life https://www.nan.ca/resources/choose-life/</p> <p>NAN advocated for and developed Choose Life to ensure that no First Nations community would be denied programming funding that promotes the mental, emotional, and behavioural well-being of youth. Choose Life provides immediate funding relief for youth at risk of suicide by fast-tracking proposals for group child and youth mental health prevention programs and services.</p> <p>Type of Programming: Funding relief</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: 18 and under</p>	<p>✓</p>		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Noojmowin Tej Health Centre</p> <p>Location: Manitoulin Island District and Espanola Area, Ontario</p>	<p>11. Healthy Living Youth Program http://www.noojmowin-teg.ca/programs-services/healthy-living-children-youth</p> <p>This program promotes physical health by providing sports and recreational activities to all seven First Nations communities in the Manitoulin Island District and Espanola area. The Healthy Living Youth Program promotes smoking prevention and teaching youth about the differences in traditional versus commercial tobacco.</p> <p>Type of Programming: Athletics, recreational, educational</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: 11 to 14</p>			✓
<p>NorWest Community Health Centres</p> <p>Location: Thunder Bay, Ontario</p>	<p>12. The Other 10% LGBTQ+ Youth Group https://www.norwestchc.org/locations/thunder-bay/programs/families-transition</p> <p>The youth group meets every second Thursday during the school year. This group is facilitated by the Children's Centre Thunder Bay. The Other 10% is a group of self-identified LBGTIQA +Questioning young people.</p> <p>Type of Programming: Support, group</p>	<p>Youth Population Focus: 2SLGBTQ+ youth</p> <p>Age: 12 to 25</p>		✓	
<p>N'Swakamok Native Friendship Centre</p> <p>Location: Sudbury, Ontario</p>	<p>13. N'Swakamok Eshkiniijig Circle http://www.nfcsudbury.org/home.htm</p> <p>The youth plan, organize, develop, and participate in alcohol and drug-free social activities and attend educational, recreational, and cultural workshops and gatherings. The youth who participate in this project develop new skills and take part in programs that have a holistic approach to help themselves develop a sense of who they are and not lose their identity as Aboriginal youth.</p> <p>Type of Programming: Support, group, educational, recreational, cultural, workshops, gatherings</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: 10 to 29</p>	✓		✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Ontario Federation of Indigenous Friendship Centres</p> <p>Location: Multiple locations, Ontario</p>	<p>14. Wasa-Nabin https://ofifc.org/program/wasa-nabin/</p> <p>The program provides individualized goals to enhance the child or youth’s area of need; supporting social skills, educational intervention, individuals with disabilities, violence prevention, justice supports, children in care or at risk of being in the care of the Children’s Aid Society, 2SLGBTQ+ supports, and positive nutrition and physical activity practices. The Wasa-Nabin program provides a space where urban Indigenous children and youth can feel safe to be themselves and accepted.</p> <p>Type of Programming: Support, safer space, recreational, cultural, leadership</p>	<p>Youth Population Focus: Indigenous youth 2SLGBTQ+ youth Youth with disabilities Youth facing multiple barriers</p> <p>Age: 13 to 18</p>			
	<p>15. Youth Culture Camps https://ofifc.org/program/youth-culture-camps/</p> <p>Youth Culture Camps are intended to be a transformative experience for youth by fostering positive outlooks, increasing awareness of strengths, improving young people’s internal resource toolkits for overcoming challenges and adversity, and increasing ties and knowledge with their communities.</p> <p>Type of Programming: Camp, cultural, recreational, community engagement</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Unspecified</p>	✓		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>16. Youth Life Promotions https://ofifc.org/program/youth-life-promotion/</p> <p>The program is a community-driven initiative that aims to sustain and improve youth well-being including the physical, mental, emotional, and spiritual. The program facilitates access to knowledge exchanges with Elders/Traditional Knowledge Holders and provides cultural teachings, traditional medicines, food education, and language retention and reclamation.</p> <p>Type of Programming: Camp, cultural, recreational, community engagement</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Unspecified</p>	✓		
<p>Ontario Native Women's Association</p> <p>Location: Thunder Bay, Sioux Lookout, Ontario</p>	<p>17. Youth in Transition https://www.onwa.ca/youth-in-transition</p> <p>This program supports Indigenous youth in their transition from the child welfare system. Youth in Transition Workers (YITW) assist youth in navigating systems, creating community connections, and accessing independent housing.</p> <p>Type of Programming: Support, community engagement</p>	<p>Youth Population Focus: Indigenous youth Youth in transition from the child welfare system</p> <p>Age: 16 to 24</p>			
<p>Location: Thunder Bay, Ontario</p>	<p>18. Youth Life Promotion https://www.onwa.ca/community-development</p> <p>Training provided by the program assists youth with gaining practical tools to enable them to support Indigenous youth to build a strong cultural identity to ensure Indigenous youth feel confident in their individual roles for themselves, and within their families and communities.</p> <p>Type of Programming: Support, cultural, land-based</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Unspecified</p>	✓		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>RAFT</p> <p>Location: Multiple locations, Ontario</p>	<p>19. Youth Reconnect http://www.theraft.ca/site/youth-reconnect</p> <p>The initiative helps homeless and at-risk youth access resources, increase their self-sufficiency, assist to maintain school attendance, and secure housing. In the past, housing support services were not available in the community and at-risk youth often found themselves forced to leave their community to secure housing. Youth Reconnect programs act as portals to the supports and services offered in each home community.</p> <p>Type of Programming: Support</p>	<p>Youth Population Focus: Youth facing multiple barriers Homeless youth</p> <p>Age: Unspecified</p>			
<p>Regional Multicultural Youth Council</p> <p>Location: Thunder Bay, Ontario</p>	<p>20. Girl Power Program https://www.rmyc.info/girl-power</p> <p>The program brings together girls and young women to share experiences, socialize, and learn from each other while having fun and making friends.</p> <p>Type of Programming: Support, group, mentorship, recreational</p>	<p>Youth Population Focus: Female-identifying youth</p> <p>Age: 7 to 17</p>	✓	✓	
	<p>21. Band of Brothers https://www.rmyc.info/band-of-brothers</p> <p>Peer mentorship program to help boys and young men discover their true potential, set goals, develop character, build resilience, and establish healthy relationships.</p> <p>Type of Programming: Support, group, recreational, mentorship</p>	<p>Youth Population Focus: Male-identifying youth</p> <p>Age: 7 to 17</p>	✓		✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>22. After School Activities https://www.rmyc.info/projects</p> <p>This program offers after school extracurricular activities.</p> <p>Type of Programming: Drop-in, recreational</p>	<p>Youth Population Focus: Unspecified</p> <p>Age: Unspecified</p>			
<p>South Cochrane Addictions Services Inc.</p> <p>Location: Timmins, Black River, Iroquois Falls, Ontario</p>	<p>23. A Program for Youth http://www.scasinc.ca/services.php</p> <p>Four one-hour sessions to provide youth with an awareness of issues related to substance abuse and other high-risk behaviours, education on harm reduction, motivation towards abstinence, and skills training in resisting substance abuse.</p> <p>Type of Programming: Support, group, workshop, skill-building, educational</p>	<p>Youth Population Focus: Indigenous youth Youth who use substances Youth facing multiple barriers</p> <p>Age: 12 to 18</p>			✓
<p>Space</p> <p>Location: Kenora, Ontario</p>	<p>24. LGBTQ+ Youth and Allies https://www.spacekenora.com/</p> <p>SPACE was founded in 2015 with the goal of providing a safe space in Kenora where 2SLGBTQ+ youth and allies could meet, connect, learn, and grow. Weekly programming is provided to youth, with a focus on skill-building, community involvement, and fun.</p> <p>Type of Programming: Support, group, safer space</p>	<p>Youth Population Focus: 2SLGBTQ+ youth</p> <p>Age: 11 to 29</p>		✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Sudbury Action Centre for Youth</p> <p>Location: Sudbury, Ontario</p>	<p>25. Youth Drop-In Centre http://www.sacy.ca/home/programs-and-services/</p> <p>The youth drop-in centre provides a safe, non-judgemental environment where youth are able to gather for the purpose of socialization, recreation, and access to social services. It is equipped with a billiards table, kitchen, and computer area with free internet access. In addition to healthy evening meals, coffee and snacks are provided throughout the day.</p> <p>Type of Programming: Safer space, drop-in, recreational, support</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: 16 to 24</p>			
	<p>26. CARE Program http://www.sacy.ca/home/programs-and-services/youth-programs/</p> <p>CARE's (Caring And Respect Everywhere) goal is to connect homeless or at-risk youth with new learning opportunities, community partners, and creative and education experiences in order to discover, strengthen, and celebrate the transition into adulthood. Each Friday, CARE youth gather with professionals from the community to explore creative means of expression for young people.</p> <p>Type of Programming: Support, community engagement, educational, creative</p>	<p>Youth Population Focus: Homeless youth Youth facing multiple barriers</p> <p>Age: Unspecified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>27. V.I.B.E.S http://www.sacy.ca/home/programs-and-services/youth-programs/</p> <p>The Valuing Independence and Benevolence when Entering Society Program (V.I.B.E.S) was developed for youth by youth. Youth receive individual and/or group training to broaden their self-awareness and help them grow, while developing skills to assist with issues that other youth may struggle with.</p> <p>Type of Programming: Skill-building, workshop, group, peer learning</p>	<p>Youth Population Focus: Unspecified</p> <p>Age: Unspecified</p>	<p>✓</p>		
	<p>28. Hip Hop School http://www.sacy.ca/home/programs-and-services/youth-programs/</p> <p>The Hip Hop School teaches different elements of hip hop (dancing, rapping, graffiti) to help youth stay active and have fun in an open, non-judgemental environment with other like-minded people. The Hip Hop School boosts the confidence of youth, provides them with an outlet for their creative energy, and provides them with the opportunity to hone their creativity.</p> <p>Type of Programming: Arts-based, skill-building, group, support</p>	<p>Youth Population Focus: Unspecified</p> <p>Age: 16 to 24</p>	<p>✓</p>		
	<p>29. After School Program http://www.sacy.ca/home/programs-and-services/youth-programs/</p> <p>The After School Program allows youth to get active, develop healthy eating habits, gain confidence, and do better in school, which helps to decrease obesity and youth violence.</p> <p>Type of Programming: Drop-in, skill-building, educational</p>	<p>Youth Population Focus: Unspecified</p> <p>Age: Unspecified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Sudbury Multicultural and Folk Arts Association</p> <p>Location: Sudbury, Ontario</p>	<p>30. Multicultural Youth https://www.sudburymulticultural.org/youthcouncil.html</p> <p>The goal is to recognize and promote our national multicultural identity within our generation and throughout the community by taking part in various activities that will allow youth to interact and share their cultural diversity. This organization also aims to bring awareness to various social issues through discussions, and by taking part in various awareness programs and activities.</p> <p>Type of Programming: Recreational, cultural, awareness, community engagement</p>	<p>Youth Population Focus: Culturally diverse youth</p> <p>Age: 10 to 25</p>			
<p>TG Innerselves</p> <p>Location: Sudbury, ON</p>	<p>31. Youth Group http://www.sacy.ca/home/programs-and-services/tg-innerselves/</p> <p>TG Innerselves is an organization that strives to create more inclusive and safer communities for transgender people across Northeastern Ontario. Their goal is to not only increase the visibility of transgender people in their region, but to create a better understanding of the challenges that exist when coming out and transitioning in Northern Ontario.</p> <p>Type of Programming: Support, educational, safer space, group</p>	<p>Youth Population Focus: Transgender youth</p> <p>Age: Unspecified</p>		✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Timmins Youth Wellness Hub (YWH)</p> <p>Location: Timmins, Ontario</p>	<p>32. Peer Support https://ywhtimmins.ca/about/</p> <p>The YWH offers mental health counselling and support; mental health, well-being, and harm reduction resources; peer support; education/employment support/training; and recreation and social support. Food and bus tickets are also provided. A range of workshops and skills-building sessions are also offered at the hubs.</p> <p>Type of Programming: Support, recreational, skill-building</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: 12 to 25</p>	✓		
<p>White Buffalo Road Healing Lodge</p> <p>Location:</p>	<p>33. Youth At-Risk Programs http://wbrhli.ca/programs-services/</p> <p>White Buffalo Road Healing Lodge Inc. provides Aboriginal traditional youth at-risk programming, and specializes in traditional Aboriginal spiritual health and mental health teachings programs that benefit Aboriginal and non-Aboriginal Youth.</p> <p>Type of Programming: Educational, cultural</p>	<p>Youth Population Focus: Indigenous youth Youth facing multiple barriers</p> <p>Age: Unspecified</p>	✓		✓
<p>Welcome Friend Association</p> <p>Location: Thessalon, Ontario</p>	<p>34. Rainbow Camp https://www.welcomefriend.ca/</p> <p>Rainbow Camp is a one-week camp for lesbian, gay, bisexual, transgender, queer questioning, 2 spirited and plus (LGBTQ2+) and Allied youth, their siblings, and children in queer families. Rainbow Camp is committed to developing a camp community which honours creativity, individual choice, social justice, and fun.</p> <p>Type of Programming: Camp, creative, recreational</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: 12 to 17</p>		✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>35. Rainbow Camp L.I.T. https://www.welcomefriend.ca/</p> <p>The LIT program aims to foster skills in teamwork and leadership through the lens of becoming leaders in the 2SLGBTQ+ community. This program also serves as a great bridge for former campers who want to become counsellors.</p> <p>Type of Programming: Camp, leadership</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: 17 to 18</p>		✓	
	<p>36. Rainbow Online Connection https://www.welcomefriend.ca/</p> <p>Rainbow Online Connection (ROC) serves participants (ages 12-17) and Leaders in Training (ages 17-18) with the opportunity to connect virtually through at-home activities and staff-led interactive programming.</p> <p>Type of Programming: Virtual engagement, recreational</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: 12 to 18</p>		✓	
	<p>37. Counselling https://www.welcomefriend.ca/</p> <p>Free counselling service for 2SLGBTQ+ youth and parents of 2SLGBTQ+ youth.</p> <p>Type of Programming: Support</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: Unspecified</p>		✓	

<p>Youth Odena (YO)</p> <p>Location: Sault Ste Marie, Ontario</p>	<p>38. YO Advocacy Group https://www.facebook.com/youthodena/about/?ref=page_internal</p> <p>This program concentrates on healthy living, engagement, arts, and culture, as the group works toward improving the overall quality of life for young people. Part of the mission is to see to the creation of a youth-dedicated space in Sault Ste Marie (Bawating), to create a multi-functional, collective space geared towards the values and needs of area youth. Until then, the group is using various spaces to host inclusive, youth-friendly gatherings to achieve meaningful interactions. YO uses grassroots and creative ways to reach people on their level. YO demonstrates relevant and accessible ways of reaching young people not being engaged effectively.</p> <p>Type of Programming: Advocacy, gatherings, community engagement</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: Unspecified</p>	<p>✓</p>		
--	---	---	----------	--	--

Appendix I - Québec

All of the included programs promote wellness and use a harm reduction approach.

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>AlterHéros</p> <p>Location: Virtual</p>	<p>1. Ask Your Question https://alterheros.com/en/ask-your-question/</p> <p>Write to them to get support, 100% anonymous and confidential. Come and talk about all the subjects related to sexual diversity, the plurality of people, sexual health, and intimate relationships.</p> <p>Type of Programming: Online forum, support, educational</p>	<p>Youth Population Focus: 2SLGBTQ+ youth</p> <p>Age: 14 to 35</p>	<p>✓</p>	<p>✓</p>	
<p>Atikamekw Sipi</p> <p>Location: Atikamekw Sipi, Québec</p>	<p>2. Projet cirque social Pisimwapi (Pisimwapi Social Circus Project) https://www.atikamekwsipi.com/fr/services/service-sociaux-atikamekw-onikam/programmes/programmes-de-prevention</p> <p>This program is offered exclusively in French. By teaching circus techniques and skills, youth develop their autonomy, self-confidence, and the opportunity to interact with various cultures. The shows are performed to audiences of more than 200 people, and the young people return to their community with a feeling of pride for representing the Atikamekw colours.</p> <p>Type of Programming: Workshops, skill-building</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Unspecified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Centre de Prévention du Suicide de Québec (Suicide Prevention Centre of Québec)</p> <p>Location: Multiple locations, Québec</p>	<p>3. Semblables et différent (Similar and Different) https://www.cpsquebec.ca/en/programmes/</p> <p>Semblables et différents is a campaign that seeks to raise awareness among young people, loved ones, parents, teachers, and practitioners to fight the problems of discrimination and stigmatization of “different” young people.</p> <p>Type of Programming: Awareness campaign, educational</p>	<p>Youth Population Focus: Youth impacted by mental health struggles</p> <p>Age: 12 to 17</p>	✓		
<p>Chibougamau Eenou Friendship Centre</p> <p>Location: Chibougamaou, Québec</p>	<p>4. Multipurpose Room https://cefc.ca/services/multipurpose-room/</p> <p>Acquiring experience and developing aptitudes and knowledge are amongst the advantages tied to the services and activities offered by the youth centre. The multipurpose room also serves to encourage responsibility in youth with regards to respect, and promotion and preservation of Aboriginal culture and language.</p> <p>Type of Programming: Drop-in, workshop, cultural</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: Unspecified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
Coalition Sherbrooke pour le Travail de Rue (Sherbrooke Coalition for Outreach Work) Location: Sherbrooke, Québec	5. Autobus Macadam J (Macadam J Bus) https://travailderuesherbrooke.org/projets/autobus-macadam/ This program is offered exclusively in French. The Macadam J Bus offers a multifunctional hub and social space that can adapt to the needs of young people and the community. The bus offers various health, educational, and professional services, as well as social and cultural activities. With the bus, outreach workers can offer services throughout the year in under-served neighbourhoods, at gathering places and festivals in Sherbrooke. Type of Programming: Support, educational	Youth Population Focus: Youth facing multiple barriers Under-served youth Age: Unspecified			
Location: Multiple locations, Québec	6. GISA (Gender, Identity and Sexuality Alliances) https://agis.interligne.co/en/kit/ This guidebook will help you understand the purpose and functioning of an alliance and guide you in the creation of your GISA in 8 steps. It also answers questions you may have about gender and sexual diversity and offers valuable tips for adults and mentors. Type of Programming: Resource, educational	Youth Population Focus: 2SLGBTQI+ youth Age: Unspecified	✓	✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>7. Forum https://agis.interligne.co/en/forums/</p> <p>A safe space for all persons, regardless of sexual orientation and gender, to discuss LGBTQ+ realities, share experiences, and connect with a community of like-minded people wanting to support our LGBTQ+ youth.</p> <p>Type of Programming: Online forum, safer space</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: Unspecified</p>	✓	✓	
	<p>8. Help Line https://interligne.co/services-jeunesse/</p> <p>Interligne's crisis line offers an alternative to telephone calls by offering chat support, as well as intervention by text. Knowing that young people may reach out much more easily by electronic means, and that offline communication can facilitate exchanges on sensitive subjects, this adaptation was more than necessary.</p> <p>Type of Programming: Support line</p>	<p>Youth Population Focus: Youth impacted by mental health struggles</p> <p>Age: Unspecified</p>	✓	✓	
<p>Le Berceau (The Cradle)</p> <p>Location: Saint-Georges, Sainte-Marie, Thetford Mines, Québec</p>	<p>9. Rencontre de Groupe (Group Meeting) https://leberceau.ca/</p> <p>This program is offered exclusively in French. The meetings address different topics (development and behaviour of children, being a parent, being a couple, budget, food, contraception, sexuality), and also include creative and social activities.</p> <p>Type of Programming: Support, group, educational</p>	<p>Youth Population Focus: Young parents</p> <p>Age: 25 and under</p>		✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Les grands(es) amis(es) (The Great Friends)</p> <p>Location: Multiple locations, Québec</p>	<p>10. Le Parrainage (Mentorship) https://www.lesgrandsamismatane.com/</p> <p>This program is offered exclusively in French. The mentorship program offers youth a friend who can guide them, to whom they can talk to, and with whom they can share their life experiences. Thanks to regular outings, a close relationship is forged between the volunteer and the youth for whom they are responsible.</p> <p>Type of Programming: Mentorship, recreational, support</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: 5 to 17</p>	✓		
<p>Le Transit - Centre d'intervention familiale (The Transit - Family Intervention Centre)</p> <p>Location: Jonquière, Québec</p>	<p>11. Transmission de Passion (Sharing Your Passion) https://www.lesgrandsamismatane.com/la-transmission-de-passion.html</p> <p>This program is offered exclusively in French. Adults meet with youth groups to share their skills and passions.</p> <p>Type of Programming: Mentorship, recreational, group, educational</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: 5 to 17</p>			
	<p>12. Programmes JEUNES (YOUTH Programs) https://cifletransit.org/ados-jeunes-adultes</p> <p>This program is offered exclusively in French. Workshops cover the following topics: self-esteem, anger management, behaviour management and the notion of choice, harassment and intimidation, and addictions prevention. Programs can be offered in groups (i.e., in collaboration with a youth center or school), or on an individual basis.</p> <p>Type of Programming: Support, group, workshops, educational</p>	<p>Youth Population Focus: Youth facing multiple barriers Youth impacted by substance use</p> <p>Age: 12 to 23</p>	✓		✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Mobilisation Espoir Jeunesse (Youth Hope Mobilization)</p> <p>Location: Amos, Québec</p>	<p>13. Démarrer et structurer un local jeunesse (Start and structure a youth centre) https://mej-abitibi.com/fr/product/1148698</p> <p>This program is offered exclusively in French. Mobilization Espoir Jeunesse helps young people and their municipality to open a free room for young people and to structure the activities taking place there. The goal is for youth aged 10 to 17 to have a safe and supervised place to meet in their municipality on a regular basis.</p> <p>Type of Programming: Mentorship, advocacy, skill-building, community engagement</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: 10 to 17</p>			
	<p>14. Structurer le fonctionnement d'un comité de jeunes (Structure the functioning of a youth committee) https://mej-abitibi.com/fr/product/1148715</p> <p>This program is offered exclusively in French. Mobilization Espoir Jeunesse supports and advises the members of youth committees from local organizations.</p> <p>Type of Programming: Mentorship, advocacy, skill-building, community engagement</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: Unspecified</p>			
<p>Partner Aires Actions Jeunesses Mékinac (Mékinac Youth Action Partners)</p> <p>Location: St-Tite, Québec</p>	<p>15. L'Appart (The Apartment) http://www.pajm.org/index.php</p> <p>This program is offered exclusively in French. The drop-in program offers multiple activities and a fun space where youth can relax and feel supported.</p> <p>Type of Programming: Drop-in, support</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: 11 to 17</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>16. Ateliers (Workshops) http://www.pajm.org/volet2.php</p> <p>This program is offered exclusively in French. The youth workshops aim to prevent difficulties among young people, develop personal and social skills, encourage a healthy and safe lifestyle, promote prevention messages, and support healthy behaviour patterns.</p> <p>Type of Programming: Workshop, educational</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: 11 to 17</p>	✓	✓	✓
	<p>17. Défi Fort Mékinac (Fort Mékinac Challenge) http://www.pajm.org/volet3.php</p> <p>This program is offered exclusively in French. The Fort Mékinac Challenge is a unifying event carrying the message “have fun without consuming”. During the evening, youth and their parents are invited to face the ten challenges offered by the Défi Fort Mékinac. Inspired by the television show "Fort Boyard", the Fort Mékinac Challenge brings together twenty teams of six participants in an evening of adrenaline and fun.</p> <p>Type of Programming: Event, recreational</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: 11 to 17</p>			✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Qarjuit Youth Council</p> <p>Location: Nunavik and Chisasibi regions, Québec</p>	<p>18. Local Youth Actions Funding https://qarjuit.ca/about-qyc/our-projects</p> <p>The Local Youth Actions Funding (LYAF) is a grant available to the 15 communities of Nunavik and Chisasibi to encourage youth to start local initiatives for their fellow youth. The LYAF supports and promotes projects targeting youth aged 15 to 35 that transfer Inuit culture, build self-esteem, develop leadership skills, enhance everyday life, or share information and educational opportunities.</p> <p>Type of Programming: Grant</p>	<p>Youth Population Focus: Indigenous youth Northern youth</p> <p>Age: 15 to 35</p>	✓		
	<p>19. Uvikkait Ullimi https://qarjuit.ca/about-qyc/our-projects</p> <p>The Uvikkait Ullumi is a quarterly newspaper that aims to highlight youth achievements and initiatives. This project also passes on relevant information and promotes plenty of opportunities in order to inspire and empower the younger generations to become more active in the region.</p> <p>Type of Programming: Newspaper</p>	<p>Youth Population Focus: Indigenous youth Northern youth</p> <p>Age: 16 to 35</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Regroupement des Maisons des Jeunes (Network of Youth Centres)</p> <p>Location: Multiple locations, Québec</p>	<p>20. Maisons Jeunesse (Youth Centres) https://rmjq.org/a-propos-des-maisons-des-jeunes/</p> <p>This program is offered exclusively in French. The youth centers of the RMJQ are associations of youth and adult volunteers who have committed to hosting a lively meeting space in their community where youth ages 12 to 17, supervised by engaged adults, can become critical thinkers and active and responsible citizens.</p> <p>Type of Programming: Drop-in, recreational, community engagement</p>	<p>Youth Population Focus: Unspecified</p> <p>Age: 12 to 17</p>			
<p>Santé Mentale Québec Bas St-Laurent (Mental Health Québec of the Lower St-Lawrence)</p> <p>Location: Lower St-Laurent Region, Québec</p>	<p>21. #pisapres (#andafter) https://smq-bsl.org/pisapres/pis-apres-ambassadeurs/</p> <p>This program is offered exclusively in French. The #Pisapres Ambassador program aims to inform and educate people about stress and anxiety (symptoms, triggers, stress management tools, etc.); bring awareness to existing regional resources related to stress and anxiety; equip ambassadors with skills to identify other people living with stress or anxiety, to listen to them and to offer accurate information; and provide referrals to the appropriate help resources if necessary.</p> <p>Type of Programming: Ambassador program, virtual engagement</p>	<p>Youth Population Focus: Youth impacted by mental health struggles</p> <p>Age: 14 to 30</p>	✓		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Tables Jeunes de la Matapédia (Matapedia Youth Table)</p> <p>Location: Amqui, Québec</p>	<p>22. Bourses Projets Jeunesse (Youth Project Grants) http://tablejeunes.ca/bourses-projets-jeunesse.html</p> <p>This program is offered exclusively in French. This grant supports projects by and for youth ages 12 to 29. The projects must pursue the goal of improving the quality of life of youth who reside in La Matapédia, in order to make the region a place where youth enjoy living and intend to stay.</p> <p>Type of Programming: Grant</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: 12 to 29</p>			
<p>Tel-jeunes (Youth Line)</p> <p>Location: Multiple locations, Québec</p>	<p>23. Help Line https://www.teljeunes.com/Tel-jeunes-en</p> <p>Services are available by phone (24/7), by text (8:00 a.m. to 10:30 p.m.), and by chat.</p> <p>Type of Programming: Support line</p>	<p>Youth Population Focus: Youth facing mental health struggles</p> <p>Age: 20 and under</p>	✓	✓	✓
	<p>24. Comité jeunesse (Youth Committee) https://www.teljeunes.com/Tel-jeunes/Comite-de-jeunes</p> <p>This program is offered exclusively in French. This committee of 12 enthusiastic youth focuses on the issue of diversity. The committee's mandate ensures that Tel-jeunes remains inclusive in its communications, its practices, and its content.</p> <p>Type of Programming: Committee</p>	<p>Youth Population Focus: Diverse youth</p> <p>Age: 15 to 20</p>			

Appendix J - Atlantic Provinces: New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador

All of the included programs promote wellness and use a harm reduction approach.

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
Bathurst Youth Centre Location: Bathurst, New Brunswick	1. Drop-In Youth Centre https://www.bathurstyouthcentre.ca/ The Bathurst Youth Centre gives youth a place to meet and enjoy leisure activities in a healthy, secure, and fun environment. Type of Programming: Drop-in, safer space	Youth Population Focus: Rural youth Age: Unspecified			
	2. Outreach Services https://www.bathurstyouthcentre.ca/services The team of 5 outreach workers works directly with youth at risk, the homeless, Aboriginal youth living off-reserve, and victims of domestic violence. The confidential services of the outreach workers are available 24/7. Type of Programming: Outreach services, support	Youth Population Focus: Youth facing multiple barriers Homeless youth Indigenous youth Youth who experience domestic violence Age: Unspecified			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>3. Youth Employment Coach https://www.bathurstyouthcentre.ca/services</p> <p>An employment coach works at the Youth Centre to assist youth with all aspects of finding employment, from resume writing to preparing for interviews and career planning. The counsellor also helps youth who want to return to a learning institution.</p> <p>Type of Programming: Employment, educational, support</p>	<p>Youth Population Focus: Unemployed youth Youth who wish to return to school</p> <p>Age: Under 20</p>			
	<p>4. Youth Spot https://www.bathurstyouthcentre.ca/programs</p> <p>A partnership between the Bathurst Youth Centre and the Acadie-Bathurst Titan organization allows youth an opportunity to attend Titan hockey games. Businesses donate seats to the Youth Centre to be given to youth.</p> <p>Type of Programming: Sport, recreation</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: Unspecified</p>			
	<p>5. Volunteering...It's Cool https://www.bathurstyouthcentre.ca/programs</p> <p>This program encourages youth of all ages to volunteer in their community. The youth register for this program at the Bathurst Youth Centre, perform volunteer hours at various locations of their choice, and are recognized for their work.</p> <p>Types of Programming: Volunteering, community engagement</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: Unspecified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
Bridge the gApp Location: Online, Newfoundland	6. Online Resource https://www.bridgethegapp.ca/youth/ Bridge the gApp offers self-help resources and links to local services, and allows the user to share their own personal stories. Bridge the gApp also connects youth to an eight-week online self-management program called the BreathingRoom. Type of Programming: Online resource	Youth Population Focus: Youth impacted by substance use and mental health struggles Age: 13 to 18	✓		✓
Choices for Youth Location: St John's, Newfoundland	7. Outreach and Youth Engagement Centre https://www.choicesforyouth.ca/health-outreach It is a place where young people can have a hot meal, feel safe, and build trusting relationships. It is also the place where youth can access many mental and physical health supports. Type of Programming: Drop-in, safer space, support	Youth Population Focus: Youth facing multiple barriers Youth in crisis-driven lifestyle Age: Unspecified			
Community Youth Network Location: Multiple locations, Newfoundland and Labrador	8. Youth Drop-In Centres https://www.gov.nl.ca/pep/community-youth-networks/ This program offers community engagement, leadership, volunteering, citizenship skills, and career/work information. Type of Programming: Drop-in, community engagement, leadership, educational	Youth Population Focus: Unspecified Age: Unspecified			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Dieppe Youth House</p> <p>Location: Dieppe, New Brunswick</p>	<p>9. Community Centre https://www.dieppe.ca/en/vivreadieppe/maisondejeunes.aspx</p> <p>Dieppe's Youth House is a community centre that welcomes all young people who want to be themselves, to develop and to increase self-esteem through activities and a variety of services in a safe, pleasant, and stimulating environment.</p> <p>Type of Programming: Drop-in, safer space</p>	<p>Youth Population Focus: Unspecified</p> <p>Age: Unspecified</p>			
<p>Family SOS</p> <p>Location: Halifax, Nova Scotia</p>	<p>10. Healthy Teenz https://www.familysos.ca/programs</p> <p>Healthy Teenz is a community-based program that offers a fun and interactive place for youth to engage in unique after school and summer day camp opportunities. Healthy Teenz exposes youth to new experiences and activities within and outside their community.</p> <p>Type of Programming: Drop-in, camp, recreational</p>	<p>Youth Population Focus: Unspecified</p> <p>Age: 12 to 17</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Government of New Brunswick Social Development</p> <p>Location: Multiple locations, New Brunswick</p>	<p>11. Youth Engagement Services (YES) https://www2.gnb.ca/content/gnb/en/services/services_renderer.201479.Youth_Engagement_Services_(YES).html</p> <p>This program offers permanency planning to ensure each youth has at least one significant adult with whom they have an enduring relationship; special benefits to support education, training, and/or employment; career, personal, or financial counselling; educational, vocational, medical, or psycho-social assessments; workshops and training on goal-setting, life skills, job searching, resume writing, and interview skills; programs and services to ensure a successful school-to-work transition; and referrals for required services (e.g. mental health, addictions, etc.)</p> <p>Type of Programming: Mentorship, workshop, skill-building, counselling, employment services, educational services</p>	<p>Youth Population Focus: Youth living independently or in low socio-economic household</p> <p>Age: Unspecified</p>	<p>✓</p>		<p>✓</p>
<p>Halifax Regional Municipality</p> <p>Location: Halifax, Nova Scotia</p>	<p>12. Youth Advocate Program https://www.halifax.ca/recreation/programs-activities/youth-programs-services/youth-advocate-program</p> <p>The Youth Advocate Program helps prevent youth from engaging in anti-social and criminal behaviours. Youth are given the opportunity to work with professionals in the community, in all facets of life, to find strength and support and to not become involved in criminal or gang activity.</p> <p>Type of Programming: Employment, mentorship, community engagement</p>	<p>Youth Population Focus: Youth facing multiple barriers Youth involved with the justice system</p> <p>Age: 9 to 15</p>			<p>✓</p>

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Hope Blooms</p> <p>Location: Halifax, Nova Scotia</p>	<p>13. Culinary Arts Program https://hopeblooms.ca/programs/food-culture/</p> <p>The Culinary Arts program is a weekly after-school program, led by a Red Seal Chef who is a long-time volunteer with Hope Blooms. The hands-on curriculum is created with youth involvement and based on a first year Culinary Institute course.</p> <p>Type of Programming: Workshop, skill-building</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: Unspecified</p>			
	<p>14. Mentorship and Tutoring Program https://hopeblooms.ca/programs/mentorship/</p> <p>This program runs year-round and is shaped by the youths' interests, with a focus on developing self-efficacy, strong support networks, employment and life skills, and a passion for higher education.</p> <p>Type of Programming: Educational, mentorship, skill-building</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: 12 to 18</p>			
	<p>15. Changemakers https://hopeblooms.ca/programs/changemakers/</p> <p>The Changemakers Program brings youth together to work on local social issues and find solutions. As well, they contribute to making positive impact through the youths' own actions while working as a team.</p> <p>Type of Programming: Workshop, advocacy, community engagement</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: Unspecified</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>Immigrant Services Association of Nova Scotia</p> <p>Location: Halifax, Nova Scotia</p>	<p>16. Youth Life Skills https://www.isans.ca/get-settled/refugee-support/</p> <p>Youth Life Skills services provide newly arrived government-assisted refugee youth with guidance and support as they adjust to life in Canada by matching them with a peer youth who speaks their language. Youth Workers provide orientation sessions, address questions on settlement, and provide access to local youth-oriented programs and services.</p> <p>Type of Programming: Mentorship, skill-building</p>	<p>Youth Population Focus: Refugee youth</p> <p>Age: 15 to 25</p>			
<p>Multicultural Association of Fredericton (MCAF)</p> <p>Location: Fredericton, New Brunswick</p>	<p>17. Engaging in the Arts https://mcaf.nb.ca/en/newcomer-youth/</p> <p>Youth can participate in a variety of programs, workshops, and training opportunities facilitated by artists from the Fredericton community.</p> <p>Type of Programming: Arts-based, workshops, educational, skill-building</p>	<p>Youth Population Focus: Newcomer youth</p> <p>Age: 13 to 29</p>			
	<p>18. Newcomer Youth Sports Participation https://mcaf.nb.ca/en/newcomer-youth/</p> <p>Program is designed to give youth the knowledge, resources, skills, and confidence to join in local sports.</p> <p>Type of Programming: Athletics, recreational</p>	<p>Youth Population Focus: Newcomer youth</p> <p>Age: 13 to 29</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>19. Girls or Guys Support Groups https://mcaf.nb.ca/en/newcomer-youth/</p> <p>The Guys or Girls Youth Support Groups offer a safe, supportive, and fun environment for youth to meet other Newcomer youth and make new friends. Group members learn more about their community by participating in fun activities and outings.</p> <p>Type of Programming: Group, support, recreational</p>	<p>Youth Population Focus: Newcomer youth</p> <p>Age: 13 to 29</p>			
	<p>20. Buddy Up! https://mcaf.nb.ca/en/newcomer-youth/</p> <p>This program matches Newcomer youth with university and community college students who provide mentorship, friendship, and support.</p> <p>Type of Programming: Mentorship, support</p>	<p>Youth Population Focus: Newcomer youth</p> <p>Age: 14 to 21</p>			
	<p>21. Youth Leadership/Volunteer https://mcaf.nb.ca/en/newcomer-youth/</p> <p>The Youth Leadership/Volunteer opportunities offered by MCAF provide a fun, youth-centred creative hub. Youth develop lasting friendships, get involved in their community, and complete a volunteer certificate program, all while enhancing their leadership skills.</p> <p>Type of Programming: Support, group, volunteering</p>	<p>Youth Population Focus: Newcomer youth</p> <p>Age: 13 to 29</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>22. Newcomer Youth Case Manager https://mcaf.nb.ca/en/newcomer-youth/</p> <p>The Newcomer Youth Case Manager supports and accompanies youth to access programs, services, and resources at MCAF and community organizations to support their settlement journey. Additional supports may include crisis counselling and navigation of social services and legal proceedings.</p> <p>Type of Programming: Support</p>	<p>Youth Population Focus: Newcomer youth</p> <p>Age: 13 to 29</p>	✓		
<p>Native Association of Nova Scotia</p> <p>Location: Multiple locations, Nova Scotia</p>	<p>23. Social Youth Outreach Program http://ncns.ca/social-youth-outreach-program/</p> <p>The Youth Outreach Program's main role is to support the holistic needs of Aboriginal youth province-wide in realizing and achieving their goals when facing multiple challenges. In partnership with community service providers, this program assists youth in finding and utilizing resources and offers services to reduce barriers.</p> <p>Type of Programming: Support, mentorship, cultural</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: 16 to 19</p>			
<p>New Brunswick Aboriginal Peoples Council</p> <p>Location: Multiple locations, New Brunswick</p>	<p>24. Youth Council https://nbapc.org/programs-and-services/youth/</p> <p>The Youth Council's vision is to engage young people and to inspire, motivate, and empower Aboriginal youth to participate and be actively involved in the decisions that shape their lives, families, communities, and nations; and to promote healthy lifestyles by incorporating traditions, cultures, spirituality, and language.</p> <p>Type of Programming: Council</p>	<p>Youth Population Focus: Indigenous youth</p> <p>Age: 13 to 30</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
<p>P.E.E.R.S Alliance</p> <p>Location: Multiple locations, Prince Edward Island</p>	<p>25. 2SLGBTQ+ Youth Group https://www.peersalliance.ca/programs</p> <p>Each meeting provides youth with the opportunity to participate in discussion and fun activities.</p> <p>Type of Programming: Group, support, recreational</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: Under 19</p>	<p>✓</p>	<p>✓</p>	
<p>Prince Edward Island Association for Newcomers to Canada</p> <p>Location: Charlottetown, Prince Edward Island</p>	<p>26. BroZone https://www.peianc.com/en/programs-for-children</p> <p>The program includes a variety of sessions working on skill-building and community involvement. The group members take part in an overnight retreat that includes a series of workshops and educational modules.</p> <p>Type of Programming: Workshop, skill-building, retreat, educational</p>	<p>Youth Population Focus: Newcomer youth Male-identifying youth</p> <p>Age: 14 to 18</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>
	<p>27. The Girls Circle https://www.peianc.com/en/programs-for-children</p> <p>The Girls Circle content is delivered in a consistent format with verbal and experiential activities and covers age-appropriate, gender-relevant themes and strengths-based strategies.</p> <p>Type of Programming: Group, support, educational</p>	<p>Youth Population Focus: Newcomer youth Female-identifying youth</p> <p>Age: 9 to 18</p>	<p>✓</p>	<p>✓</p>	<p>✓</p>

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>28. Summer Program https://www.peianc.com/en/programs-for-children</p> <p>The students participate in scheduled activities such as art instruction, environmental studies, physical activity, and outings to historical, educational, and recreational venues. The program also offers an overnight camping experience for teens.</p> <p>Type of Programming: Camp, educational, recreational, creative</p>	<p>Youth Population Focus: Newcomer youth</p> <p>Age: 14 to 18</p>			
<p>Phoenix Youth</p> <p>Location: Halifax, Nova Scotia</p>	<p>29. Phoenix Centre for Youth https://phoenixyouth.ca/programs</p> <p>Phoenix Centre for Youth is a walk-in centre that helps youth in their day-to-day lives. The services offered are confidential, non-judgemental and include housing support, advocacy, crisis intervention, counselling, parenting support, referral to community and internal resources, health services, financial advocacy, food, clothing, shower and laundry facilities, and computer and phone access.</p> <p>Type of Programming: Drop-in, support</p>	<p>Youth Population Focus: Homeless youth Youth facing multiple barriers</p> <p>Age: 11 to 24</p>	✓		
	<p>30. Phoenix Youth and Family Therapy https://phoenixyouth.ca/programs</p> <p>The therapists work collaboratively with youth and families to address a range of challenges, including difficult family relationships, grief and loss, peer conflict and bullying, challenges at school, coping with emotions, low self-esteem, histories of abuse, and discrimination and poverty.</p> <p>Type of Programming: Support</p>	<p>Youth Population Focus: Homeless youth Youth facing multiple barriers</p> <p>Age: 11 to 24</p>	✓		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>31. Youth Outreach Program https://phoenixyouth.ca/programs</p> <p>Areas of support include mentorship, advocacy and accompaniment, housing, employment and education, arts and recreation, health services, and family support.</p> <p>Type of Programming: Support, educational, employment, creative, recreational</p>	<p>Youth Population Focus: Homeless youth Youth facing multiple barriers</p> <p>Age: 16 to 24</p>			
<p>Portal Youth Centre</p> <p>Location: Kentville, Nova Scotia</p>	<p>32. Drop-In Program http://www.portalyouth.ca/</p> <p>Drop-in space that offers community building and supportive services for youth.</p> <p>Type of Programming: Drop-in, support</p>	<p>Youth Population Focus: Rural youth</p> <p>Age: 12 to 19</p>			
<p>RELAYS</p> <p>Location: Sydney, Nova Scotia</p>	<p>33. Adventure http://relayscbm.ca/activities/</p> <p>This program helps youth overcome fears, take healthy risks, and develop leadership skills through hands-on experience.</p> <p>Type of Programming: Land-based, leadership, skill-building</p>	<p>Youth Population Focus: Youth facing multiple barriers Rural youth</p> <p>Age: 12 to 17</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>34. Resiliency http://relayscbm.ca/activities/</p> <p>Empowering youth to bounce back stronger, wiser, and more powerful after facing personal crises. Activities may include one-on-one tutoring or mentoring, group discussion, and music and art projects.</p> <p>Type of Programming: Mentorship, workshop, arts-based, educational</p>	<p>Youth Population Focus: Youth facing multiple barriers Rural youth</p> <p>Age: 12 to 17</p>			
	<p>35. Youth Service http://relayscbm.ca/activities/</p> <p>Promoting healthy relationships within the community by increasing awareness of personal values, developing empathy, and making positive connections.</p> <p>Type of Programming: Volunteering, community engagement</p>	<p>Youth Population Focus: Youth facing multiple barriers Rural youth</p> <p>Age: 12 to 18</p>			
<p>Teen Resource Centre</p> <p>Location: Fredericton, New Brunswick</p>	<p>36. Oasis http://www.trc4youth.org/oasis.html</p> <p>Oasis offers services for youth who are homeless, couch surfing, or otherwise in need. Shower and laundry facilities are available, as well as clothing, snacks, and personal hygiene supplies. The staff meet with vulnerable youth and encourage them to make use of the case management program. Referrals to other services in the community are available as well.</p> <p>Type of Programming: Drop-in, support</p>	<p>Youth Population Focus: Homeless and under-housed youth</p> <p>Age: 16 to 24</p>			

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>37. Case Management http://www.trc4youth.org/case-management.html</p> <p>The case managers provide consistent encouragement and support to help youth with their educational and employment goals, develop life plans, and work closely with other non-profit organizations and governmental departments to ensure all areas of a youth's life are being addressed. It is a collaborative process that assesses, plans, implements, coordinates, and evaluates options for clients. Individual goals are established together by the client and case manager.</p> <p>Type of Programming: Support, educational</p>	<p>Youth Population Focus: Homeless and under-housed youth Youth in conflict with the law</p> <p>Age: 16 to 24</p>	✓		✓
<p>Thrive</p> <p>Location: St John's, Newfoundland</p>	<p>38. Street Reach https://www.thrivecyn.ca/what-do-we-do/street-reach/</p> <p>Street Reach supports participants who count on this program for their basic needs, the sense of belonging at the space, and the real support they receive. Staff provide follow-up support to individuals with regards to issues such as housing, inter-agency advocacy, health, crisis management, and more. Individuals can also access the Safe Works Access Program (SWAP) needle distribution service and Naloxone at this location during office hours.</p> <p>Type of Programming: Drop-in, support</p>	<p>Youth Population Focus: Homeless and under-housed youth Youth facing multiple barriers</p> <p>Age: Unspecified</p>	✓		✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>39. Blue Door Program https://www.thrivecyn.ca/blue-door-program/</p> <p>This program is designed to support individuals to exit sex trade activities and/or sexually exploitive situations including sex trafficking. The program is inclusive of all genders and sexual orientations.</p> <p>Type of Programming: Individualized intensive support</p>	<p>Youth Population Focus: Youth involved in the sex trade</p> <p>Age: 14 to 29</p>		✓	✓
<p>Valley Youth Project</p> <p>Location: Kentville, Nova Scotia</p>	<p>40. Drop-In https://valleyyouthproject.wordpress.com/find-us/</p> <p>Drop-in is open to all youth, 25 and under, who want to make the Annapolis Valley a better place for 2SLGBTQ+ communities.</p> <p>Type of Programming: Drop-in</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: 25 and under</p>		✓	
<p>Youth Impact</p> <p>Location: Moncton, New Brunswick</p>	<p>41. Drug Intervention Program https://youthimpact.org/what-we-do/#outreach</p> <p>This voluntary program provides youth with information, support, and strategies that assist them in alleviating their drug usage and alter their criminal behaviour. Through the development of a directional plan tailored to each individual's strengths and needs, youth will become more engaged in education, employment, and community.</p> <p>Type of programming: Support, skill-building</p>	<p>Youth Population Focus: Youth who struggle with substance use Youth involved with the justice system</p> <p>Age: 15 to 24</p>	✓		✓

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>42. Intensive Support Program (ISP) https://youthimpact.org/what-we-do/#outreach</p> <p>This program serves youth who are involved with the criminal justice system and at risk of progressing to a custodial sentence without support in their community. ISP also works with youth who are serving one-third of a custodial sentence in their community. ISP provides programming that is reflective of a youth’s strengths and struggles with self, family relations, substance abuse, education, employment, and positive community involvement.</p> <p>Type of programming: Counselling, skill-building, outreach services</p>	<p>Youth Population Focus: Youth involved with the criminal justice system</p> <p>Age: Unspecified</p>	<p>✓</p>		<p>✓</p>
	<p>43. Youth QUEST https://youthimpact.org/what-we-do/#outreach</p> <p>Youth QUEST Central is a multi-resource centre and includes laundry and shower facilities, computer communications, academic upgrading, job-readiness training, information sessions, counselling, directional planning, and artistic and recreational programming. It also houses six other agency programs that youth may access.</p> <p>Type of Programming: Drop-in, support, educational</p>	<p>Youth Population Focus: Homeless youth Youth at risk of becoming homeless</p> <p>Age: 16 to 24</p>	<p>✓</p>		

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
	<p>44. QUEST Case Management https://youthimpact.org/what-we-do/#outreach</p> <p>This program provides case management, client assessments, and pre-employment and employment preparation services. QUEST Case Management assists clients in finding and accessing appropriate services and resources, helps identify barriers, and advocates for client services to help youth reintegrate into the educational or vocational sector.</p> <p>Type of Programming: Support, employment, educational</p>	<p>Youth Population Focus: Youth facing multiple barriers</p> <p>Age: 16 to 24</p>			
<p>Youth Project</p> <p>Location: Halifax, Nova Scotia</p>	<p>45. Drop-In Program https://youthproject.ns.ca/monthly-programming/</p> <p>Drop-In night is a chance to come down to the Youth Project and get support, hang out with friends, meet new people, join in an activity, or get some information.</p> <p>Type of Programming: Drop-in, recreational</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: 25 and under</p>		✓	
	<p>46. Transformers https://youthproject.ns.ca/monthly-programming/</p> <p>The purpose of this group is to bring together transgender and gender queer youth to share experiences, talk about the issues around gender identity, and learn more about support options.</p> <p>Type of Programming: Support, group, educational</p>	<p>Youth Population Focus: 2SLGBTQI+ youth</p> <p>Age: 25 and under</p>		✓	

Organization	Program Information	Demographics	Mental Health	Sexual Health	Substance Use
Location: Lunenburg, Nova Scotia	47. Connect the Dots https://youthproject.ns.ca/monthly-programming/ This group gives youth an opportunity to chat with their peers, make connections in a safe and supportive space, and take part in some fun activities. Type of Programming: Support, safer space, recreational	Youth Population Focus: 2SLGBTQI+ youth Age: 18 and under		✓	
	48. Lunenburg Drop-In https://youthproject.ns.ca/monthly-programming/ A monthly drop-in night for youth. Type of Programming: Drop-in	Youth Population Focus: 2SLGBTQI+ youth Rural youth Age: 13 to 19		✓	