

DIVE IN WITH A DESIGN LAB!!

youthexperts
with  mindyourmind



WE HOPE YOU WILL JOIN US!

WHO?

mindyourmind is a national youth mental health program working with young people aged 15 - 30 to co-create interactive tools and resources. We are partnering with communities across Canada and want you to be involved!

WHAT?

Our Design Lab workshop involves young people working directly with facilitators, content experts, and designers to brainstorm and co-create projects. A design lab takes place over one exciting weekend - **food, materials and volunteer hours are provided!** Following the Design Lab, youth involvement continues via webinars, email and phone meetings to further develop the resources.

WHY?

Be a part of meaningful change and make an impact in your community, by co-developing mental health e-resources.

It's an opportunity to learn, to make a difference in mental health, and to work alongside people who are passionate about helping others.