

# Forward Together Yukon Mental Wellness Strategy



## What's New

### BYTE introduces new workshop for youth.

**Youth Empowering Youth: Skills for Youth in Mental and Sexual Health.** Piloted in August 2017, with support from the [Mental Wellness Strategy's Innovation Fund](#), Youth Empowering Youth is a 12-hour intensive workshop for youth aged 13-18 years old in partnership with [Blood Ties Four Directions](#). The two-day workshop focuses on how physical, mental, spiritual and emotional wellness connect to our relationship with ourselves and our relationships with others.

On day one, we concentrate on **ourselves**. Through brainstorming and self-reflection, we ask youth to identify how they experience their own wellness and health. We explore new tools for dealing with life events and building on our self-care. On day two, we focus on **our relationships** with people in our lives, as well as our relationship to substances. We brainstorm available resources in the community, learn about different types of contraception and create safer party plans. The goal of this two-day workshop is to not only look at how all aspects of health relate to one another, but also to learn from each other in order to make the best and most informed choices for ourselves.

For more information, and to read about what youth had to say about the program, please visit our website [www.yukonyouth.com/youth-empowering-youth](http://www.yukonyouth.com/youth-empowering-youth) or contact us at [communitytours@yukonyouth.com](mailto:communitytours@yukonyouth.com).

## People, Programs, & Events

### Wilderness Wellness Expeditions

This program is designed to provide youth with opportunities to develop leadership skills, wilderness skills, and to promote positive personal growth through adventure.

Youth between 13-18 years old are eligible to apply.

To apply, or for more information, call the Youth Achievement Centre (YAC) at 667-3759.

Space is limited, so please apply early!

## Monthly Webinar

Please click on the button below to pre-register for the free webinar!

**WEBINAR: 40 Developmental Assets- Building a Stronger Community**

**Date:** Tuesday, June 5, 2018  
@ 12:10 p.m. – 12:50 p.m.

[CLICK HERE TO REGISTER](#)

## Upcoming Training Opportunities

- May 30-June 1: **DBT – Advanced Training**
- May 30-31: **First Nations History and Culture**
- June 5-6: **ASIST (Applied Suicide Intervention Skills Training)**
- June 18-20: **Foundations in Motivational Interviewing**
- June 26-27: **Mental Health First Aid for Adults Who Interact with Youth**

### IN DAWSON:

June 14 - **Resilience Skills in Trauma-Exposed Environments**

[CLICK HERE TO REGISTER](#)

## Mental Health Video

What causes anxiety and depression? Watch this short video using the story and characters of "Inside Out" to learn more.



Please share your  and ideas about what you would like to see in the future.

