



The **Junior Youth Leader** role is part of creating the FriendZone, a youth-led, peer to peer informed way to support positive mental health.

At FriendZone, together we:

- Promote a positive atmosphere of fun within the group 😊
- Create a safe and welcoming environment.
- Listen, respond and integrate youth feedback which informs programming.
- Connect youth to opportunities, resources, programs and services that support them on the youth team, at programs and in their day to day life.

The Junior Youth Leader role is an excellent opportunity for youth who have a passion to support positive mental health, to build their resume and be involved in the development of creating the FriendZone in the Sackville/Bedford/Fall River area. The youth volunteers will have opportunities to work on their confidence in a group setting and to support peers in an appropriate way. The program will consist of a regular meet up social support group for youth ages 15-19 with mental health disorders (anxiety, depression, schizophrenia/psychosis or bipolar disorder).

Junior Youth Leader role:

- Identify as having a mental health disorder and are open to talking about your experience in a group peer support environment.
- Help invite friends and classmates to attend youth programs in Sackville area.
- Talk about and make posts about Laing House in your school, community, and on your FaceBook/Twitter/Instagram.
- Attend on a regular basis for 6 months for a 2-hour period. Attendance at every session is not mandatory however, we ask youth to let the Laing House staff know they will not be able to attend.

Are you interested?

If this sounds interesting to you, please get in touch with us as soon as possible by contacting Hannah Theriault, Peer Support Worker at Laing House: (902) 425-9018 or HTheriault@lainghouse.org

We are hosting our first meeting on September 24th 6-8pm at the Acadia Centre, HRM Recreation, 636 Sackville Drive, Programming Room (enter the side of the building). Three other meetings are scheduled on October 1st, October 15th and October 22nd at the same time. If this isn't a fit, it's not the only way to connect – engage with us online for interesting & important information on **FaceBook @LaingHouse**

