

Holy Cross CA

welcomes [YouthSpeak Charity](#), for engaging in-person sessions to support our well-being & equity initiatives within our school community.

Program:

Substance Use & Wellness



Students will:

1

Be **inspired** by personal stories of trained youth speakers

2

Increase **empathy** and understanding for others

3

Learn various coping tools and **strategies** for self-care

4

Gain information on youth and culturally-specific mental health **resources**

YouthSpeak Charity is [dedicated to youth mental health and well-being](#). In **20 years**, we have reached over **350,000 youth & caring adults** through **3250+ speaking events** throughout Ontario.

YouthSpeak's vision is for all youth to be inspired and empowered to live resilient and meaningful lives.

www.youthspeak.ca

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@YouthSpeakCan



@YouthSpeakCharity