

**#RISINGYOUTH**

community service grants

**#JEUNESACTION**

subvention de service communautaire



## #RisingYouth Grantee Newsletter: October Edition

**GRANTEE  
STORIES****EVENTS &  
ACTIVITIES****IMPACT REPORT****GRANTEE  
SUPPORT HUB**

Hello Grantees,

In a world where we juggle many different roles and responsibilities, it can be easy to overlook the importance of our mental health and wellbeing. October is dedicated to creating conversation and awareness surrounding mental health, while also serving as a reminder that we must take a step back to practice self-care. You may find that you have been neglecting yourself as an individual who needs care, but it is important to show yourself the same amount of effort, passion, charisma and love that you generously give to the rest of the world.

The power of putting yourself first is that you become a leader. We are told to take care of ourselves all the time, but sometimes, we feel guilty, selfish, or we're "too busy". What we tend to forget is that when you learn to put yourself first and take care of yourself mentally and physically, you're not only able to better help yourself, but also those around you. You can lead by example and remind others that taking care of your mental wellness is not selfish, it's necessary. You can serve as living, breathing proof that prioritizing yourself and your mental wellness is the first step to becoming a community leader.

**Loizza Aquino**

**#RisingYouth Grants Administrator**

## GRANTEE STORIES



**Jennifer / Weekly Mental Health Drop-In / SK**

"I have decided to run a 12-week mental health program to support youth in my community. We have limited services for youth to access. We also have no youth centres or groups for youth to attend that are free.

So far, we have discussed topics such as: What can we control and what can we let go of? As well as self care and how to manage stress and anxiety. We will be having someone from the sexual assault centre come to discuss topics such as sexualized violence, consent, what to do if a friend discloses to you, and where can we seek help and support."

"We are a group of motivated students inspired to create an everlasting change within our community. With the



help of the #RisingYouth Community Grant, we will be facilitating a series of social events that target different aspects of mental health to connect indigenous and minority individuals with others in their community while addressing and providing the tools to navigate mental health issues due to isolation and the COVID19 pandemic."



**Keith / Mental Health Event Series / BC**



**Jaelin / Social Issues Education / SK**

"Canadian Youth for Youth Empowerment (CYYE) was founded in October 2020 as a way to make resources and information about social issues accessible. CYYE's goal is to educate Canadian youth about social issues and engage them in the process of solving these issues. Since our start with just 4 team members, we have grown to enroll over 55 Canadian youth as volunteers in teams. We launched a Summer Youth Leadership Intensive in which we mentored 40 youth across Canada to start their own community projects and we are in the process of launching our national crisis resource database."

## EVENTS & ACTIVITIES

**#RISINGYOUTH  
GRANTEE GATHERING:**



**Thursday, October 14th, 2021 at 7pm EST : Grantee Gathering**

The #RisingYouth team would like to invite you to join us for a Grantee Gathering. Come say hello to the Grantee Support Team and your fellow #RisingYouth grantees! This is a great opportunity to ask your Grantee Support Coordinator any questions that you may have as well as to interact with other grantees! The rest of the gathering will be dedicated to a presentation by one of our own #RisingYouth alumni, information about new additions to the Grantee Support Hub, as well as a short workshop on Creating and Evaluating Resilience-Enhancing Projects by Grantee Support Coordinator, Katie.

[Register Here for the Grantee Gathering!](#)

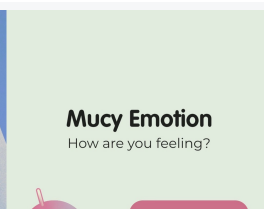
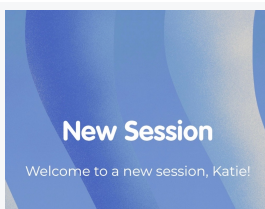
*The Grantee Gathering will also be available in French LIVE on October 25th, [please click here to register for the French Grantee Gathering.](#)*



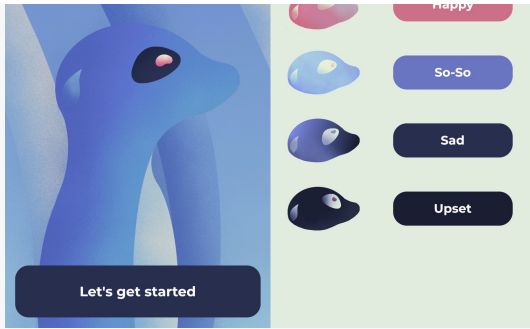
Add YOUR event to our [#RisingYouth Calendar!](#)

You can check out the Calendar on the Grantee Support Hub for upcoming #RisingYouth events in the month of October! Watch this [quick tutorial video](#) to learn how!

## Recommendations of the Month



Mucy is a mental health mobile app developed by #RisingYouth Alumni, Mandric Sittaro and team.



### MENTAL HEALTH MOBILE APP: MUCY

[Check it Out Here >>](#)

Here is the app description from the website:

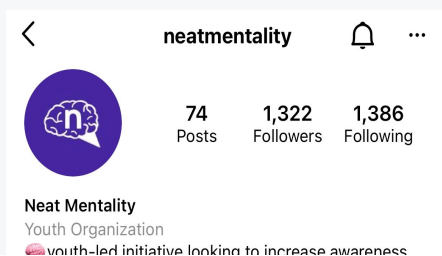
“Mucy will be your teacher, guide, and friend on a journey to practice self-awareness, grounding, and confidence. Prepare for the release of our first groundbreaking tapping tool, a proven method to increase mind-body awareness. Parents, this one is an amazing activity for you to do with your little ones; you can build their mental strength in a fun and attainable way.”



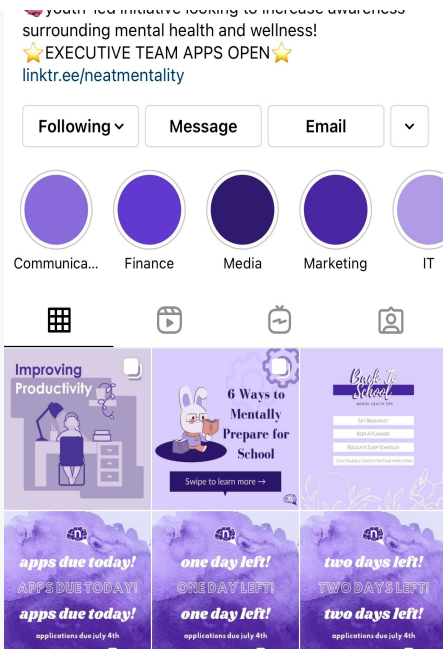
### YOUTUBE CHANNEL AND SHORT FILM: SANISKA MEDIA

[Check it Out Here >>](#)

Saniska Media is a YouTube channel featuring a podcast created by one of our #RisingYouth Alumni, Julianna Maggrah. On this channel, you can find full podcast episodes about: coping with stress and anxiety, why it is important to feel your feelings and how to identify emotions. The channel also features Julianna’s short film, “Broken”, which is a short documentary about Julianna's struggle with mental and physical health, past isolation, and how she treats her physical/mental struggles.



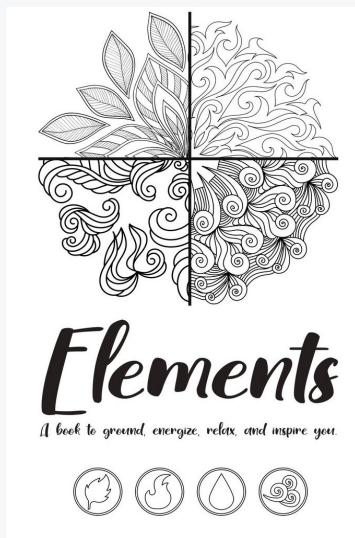
#RisingYouth Alumni, Ginny Wang did a project called, “Neat Mentality”. In her own words, “Neat Mentality, based in Ontario, Canada, was



**INSTAGRAM ACCOUNT: NEAT MENTALITY**

[View it Here >>](#)

founded amidst the COVID-19 pandemic in response to the increase in mental health issues. It is a mental health youth-led organization that seeks to spread awareness about mental health crises and promote the development of better mental health. To fulfil this goal in a meaningful and accessible manner, we have created, and continue to create, various media content, ranging from podcasts, blogs, and informational articles to YouTube videos and webinars. All of these initiatives strive to provide new youth perspectives on a salient issue that grips all societies."



**E-BOOK: ELEMENTS**

[View it Here >>](#)

You are invited to download this free mental health resource developed by mindyourmind with Alumni from #RisingYouth and other Canada Service Corps partner organizations. This book is designed to ground, energize, relax and inspire readers while taking care of themselves and planning for tomorrow.

[Read More >>](#)

**AND THE WINNER IS NICOLA AMBROGIO!**

Congratulations on winning The Connect Deck from Happy Tears. With each purchase of this card deck, 5% of proceeds go to one of

the following charities: [Jack.org](#), [Ocean Wise](#), or [Rainbow Railroad](#). The Connect Deck is designed to help you build more meaningful relationships in your life and is made 100% in Montreal, Canada.

Every month, we will randomly select a grantee to win a prize!  
Feel free to share your prize & tag @risingyouthtig on Instagram!

VISIT OUR INSTAGRAM



## GRANTEE SUPPORT HUB

The Grantee Support Hub is full of resources created by the #RisingYouth team to help you succeed in your community project.

Welcome to the Grantee Support Hub!

Latest Announcement

**#RisingYouth Community Impact Launch Event**  
Posted by Michael Furdyk on August 28th, 2020

Over the past two years, TakingTGlobal has offered over 3,600 grants to youth leading community service projects. In early February 2020, we held events in Toronto and Ottawa to launch the first edition of our #RisingYouth Community Impact publication. [Read more](#) and enjoy the video below!

GO TO THE GRANTEE SUPPORT HUB

### 3 New Features on the Grantee Support Hub!

1. Opportunities Board: You can now post opportunities for others in the #RisingYouth community! [Check it out here!](#)

2. [The #RisingYouth Grantee and Alumni Calendar](#) can now be synced with other digital calendars including Google Calendar, Outlook Calendar, Yahoo Calendar, and iCal!

3. You can now submit your [Impact Report](#) on the Grantee Support Hub!

## IMPACT REPORT

**You could be one step away from becoming an Alumni!**

If your project is completed, please take a few minutes to submit your Impact Report on the [web form](#) OR by using the [#RisingYouth Mobile App](#).

As a #RisingYouth Alumni, you can become ambassadors for our program and see all kinds of doors and opportunities open to you. To learn about the importance of submitting your Impact Report, read our [blog post!](#)

## ALUMNI CHAMPION - CARISSA KONESKY





Carissa Konesky is a 25-year-old woman from Burnaby, British Columbia. She is a strong advocate for mental health and youth engagement.

Once the pandemic hit, she realized that something needed to be done for the youths that were struggling with their mental health. She created a program called “I am Tenacious”, a 4-week workshop designed for young women aged 12 to 18 dealing with assertiveness, setting boundaries and resilience. The workshops were hugely successful, and youths signed up from all across Canada. Using the grant from #RisingYouth, she created the I Am Tenacious Workbook series that was given to all youth who completed the program. The workbook garnered so much interest that youth organizations within Surrey were able to conduct their own workshops.

As someone who is passionate in youth engagement, Carissa continued engaging with #RisingYouth as an Alumni mentor from writing a blog post to speaking at Grantee events as an Alumni Mentor. You can even [check out her blog here!](#)

Follow Carissa’s path as an Alumni champion! We have tons of Alumni opportunities for you once your [Project Impact Report](#) has been submitted!

HAVE ANY QUESTIONS? REACH  
OUT HERE!



GO BACK TO TOP

## Let's Get Social!

Stay in touch to keep up with what #RisingYouth are doing all across the country and get inspired to continue making an impact!



#RisingYouth is funded by the Government of Canada under the

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