

# Youth Volunteers Needed

## Youth Leadership Advisory Board: YouthLAB

---

Family Services North Shore is looking for 12 creative and engaged youth who care about social justice, mental health and are interested in working in the arts to provide opportunities for engaging other youth in these topics within the community. YouthLAB members share their voices to become the key ingredients in guiding us to connect with other youth in ways that are meaningful and relevant.

### **Are you:**

- Entering grade 10 to 12 during the 2019/2020 school year?
- Figuring out how to get your community service hours?
- Interested or open to working in the arts as an agent for learning, change and engagement? (visual arts, writing, story-telling, movement, music)
- Someone who has a passion for increasing their understanding of topics related to psychology, mental health and gender-based violence?
- Wanting to be part of an exciting community initiative?

**If this sounds like you, we need you in YouthLAB!**



### **As a YouthLAB member you will be:**

- Learning through participation about mental health topics from our professional counsellors.
- Advocating for the needs of other youth in your community.
- Developing Leadership, Communication, Public Speaking skills and exploring creativity as a method for learning and community engagement
- Developing relationships with other members of your YouthLAB cohort.
- Earning up to 60 (+) volunteer hours (September 2019 through May 2020), making an impact in your community.

## The details:

**How much time per month?** About 5 hours

### When will we meet?

Two Thursday evenings per month, starting September 2019

**Meeting Time:** 4:30 – 6:30pm (snacks included)

Part of the hours will include keeping in touch with other YouthLAB members in person, via social media, etc., and being asked to be part of some interesting community outreach opportunities as they arise.



### To apply or ask questions use the contact below:

Print and complete the attached application form, then mail, email, fax or drop it off to:

Jenn Hamman and Jessica Delorme

Coordinators, YouthLAB

Family Services North Shore

Phone: 604.988.5281 Ext. 319

Fax: 604.988.3961

Email: [Hamman@familyservices.bc.ca](mailto:Hamman@familyservices.bc.ca) or [Delorme@familyservices.bc.ca](mailto:Delorme@familyservices.bc.ca)

---

Family Services of the North Shore is an accredited not-for-profit community based agency that offers counselling, education and support services. We also lead the provincial work in eating disorders prevention. Family Services of the North Shore has been caring for the community for over 60 years. Our high-profile, proactive presence throughout the province connects the community through a variety of programs that create an environment for all families and individuals to thrive.

We recognize the continuing contribution of the City of North Vancouver, District of West Vancouver,

District of North Vancouver and the financial assistance of the Province of British Columbia.



203 – 1111 Lonsdale Avenue  
North Vancouver, BC V7M 2H4  
Phone: 604-988-5281  
Fax: 604-988-3961

[www.familyservices.bc.ca](http://www.familyservices.bc.ca)



[FamilyServicesoftheNorthShore](https://www.facebook.com/FamilyServicesoftheNorthShore)



[FSNorthShore](https://twitter.com/FSNorthShore)

## Additional Information YouthLAB

### Why we're doing this:

We know that mental health issues are significant for young people in BC. Anxiety, depression, eating disorders, difficult family circumstances, trauma and abuse can impact every aspect of the lives of youth. We also know youth often don't get the help they need because they don't have the money, knowledge, transportation, legal status or safety to reach out. We want to do a better job of letting your peers know that they are not alone in their experience and that support is available.

### Why we need you:

We believe youth know best how to help other youth. YouthLab is an opportunity to reach out to other youth in meaningful and relevant ways through education and community arts engagement.

### Who we are:

Family Services North Shore (FSNS) is an accredited, not-for-profit, community based organization. For over 60 years, we have provided counselling, support and education to the North Shore Community. We serve three municipalities: the City of North Vancouver, District of North Vancouver, the District of West Vancouver, as well as the Village of Lions Bay and Bowen Island. Through our Jessie's Legacy program, we also lead the work in eating disorders prevention for the Province of British Columbia.

FSNS offers a broad range of services to children, youth, adults, couples and families from diverse cultural and economic backgrounds. Our programs range from the early years to end of life care. The Agency develops programs and services that respond to community need, emerging issues and current demographics. We served over 8,700 individuals and families last year. Each year over 300 volunteers give 16,000-plus hours of service to the Agency. To learn more about us, please visit:

[www.familyservices.bc.ca](http://www.familyservices.bc.ca)

### Important dates:

1. **Tuesday, July 2, 2019: Application deadline.** Please ensure we have received your application form and reference letters by this date.
2. We will review all applications and then set up interviews with short-listed applicants.
3. **Friday, August 9th, 2019:** Final decisions are made! We will then call all successful applicants. All others will be notified via email.
4. Twice-monthly meeting dates (on Thursdays) for 2019/2020: to be announced.

## YouthLAB Application:

Full Name: \_\_\_\_\_ Preferred Pronouns: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

What grade will you be starting in September 2019? \_\_\_\_\_ @ what school? \_\_\_\_\_

How did you hear about YouthLAB? \_\_\_\_\_

### List some community activities you been involved with: (volunteering, work, etc.)

Activity	Location	Dates of involvement

What idea, issue or problem in your community or school are you most inspired or worried about?

\_\_\_\_\_

Tell us why you are interested in joining our Youth Leadership Advisory Board:  
(If you need more space for the last 2 questions, please include another sheet)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Applicant Signature: \_\_\_\_\_ Applicant Name: \_\_\_\_\_ Date: \_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Contact #: \_\_\_\_\_

### We'd also like to hear from other people about you:

Please include **two reference letters** (see the attached reference letter template) with your application form. These can be from a teacher, school counsellor, sports coach, music teacher, boss, volunteer supervisor, youth group advisor, or other person you know from the community.

We must receive your completed forms by Tuesday, **July 2, 2019**. Please fax, mail, scan & email, or drop it off at Family Services North Shore along with your reference letters:

Jenn Hamman and Jessica Delorme ([Hamman@familyservices.bc.ca](mailto:Hamman@familyservices.bc.ca), [Delorme@familyservices.bc.ca](mailto:Delorme@familyservices.bc.ca))

Family Services North Shore, #203-1111 Lonsdale Avenue

North Vancouver, BC V7M 2H4

Phone: 604.988. 5281 ext. 319 Fax: 604.988.3961

# YouthLAB Reference Letter #1

Name of youth applying: \_\_\_\_\_

Dear Referee,

You have been asked to write this letter as part of an application for Family Services North Shore's Youth Leadership Advisory Board (YouthLAB). In this 9 month volunteer group YouthLAB members will work together with clinical staff at Family Services North Shore to learn about mental health issues, raise awareness in our community and to do outreach to youth who need help but may not know how to access it. Our first meeting is planned for September 2019.

If you have any questions or concerns about this form or the program itself, please contact Jennifer Hamman or Jessica Delorme at Family Services North Shore 604-988-5281.

---

How long have you known this youth? \_\_\_\_\_

In what capacity do you know them? \_\_\_\_\_

Please tell us a little about this youth. We are especially interested in knowing about her/his ability to work with others and to commit to a project or activity once begun. Examples of your experience are welcome. (If you require more space, please feel free to attach a second sheet)

---

---

---

---

---

---

---

---

---

---

---

---

---

Referee Signature: \_\_\_\_\_ Referee Name: \_\_\_\_\_ Date: \_\_\_\_\_

Your Contact Number: \_\_\_\_\_

Thank you for taking the time to complete this form.

**This form must be received by Family Services North Shore by July 2, 2019.**

**You can:**

- . Fax your reference to Jessica Delorme or Jennifer Hamman at 604-988-3961.
- . Email it as an attachment to Jennifer Hamman at hamman@familyservices.bc.ca .
- . Return it to the youth in a sealed envelope for inclusion with the rest of their application.

**YouthLAB Reference Letter #2**

Name of youth applying: \_\_\_\_\_

Dear Referee,

You have been asked to write this letter as part of an application for Family Services North Shore’s Youth Leadership Advisory Board (YouthLAB). In this 9 month volunteer group YouthLAB members will work together with clinical staff at Family Services North Shore to learn about mental health issues, raise awareness in our community and to do outreach to youth who need help but may not know how to access it. Our first meeting is planned for September 2019.

If you have any questions or concerns about this form or the program itself, please contact Jennifer Hamman or Jessica Delorme at Family Services North Shore 604-988-5281.

---

How long have you known this youth? \_\_\_\_\_

In what capacity do you know them? \_\_\_\_\_

Please tell us a little about this youth. We are especially interested in knowing about her/his ability to work with others and to commit to a project or activity once begun. Examples of your experience are welcome. (If you require more space, please feel free to attach a second sheet)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Referee Signature: \_\_\_\_\_ Referee Name: \_\_\_\_\_ Date: \_\_\_\_  
Your Contact Number: \_\_\_\_\_

Thank you for taking the time to complete this form.

**This form must be received by Family Services North Shore by July 2, 2019.**

**You can:**

- . Fax your reference to Jessica Delorme or Jennifer Hamman at 604-988-3961.
- . Email it as an attachment to Jennifer Hamman at hamman@familyservices.bc.ca .
- . Return it to the youth in a sealed envelope for inclusion with the rest of their application.