



## Who are we? (The Canadian Courage Project)

A non-profit organization based in GTA launched in May 2020 by two sisters from the BIPOC community. We aim to empower youth to create a positive social impact and help those in marginalized communities and support youth and their animal companions facing homelessness.



## Mental Health Advocacy Workshop

*Our Mental Health Education Team facilitates workshops for shelters and other organizations supporting youth experiencing unstable housing.*



The Be There workshop provides tools to support people in your life by discussing mental health concepts and finding supportive opportunities. This FREE, 1 hour long workshop focuses on expanding mental health knowledge and developing a sense of connectedness by providing more than just a list of mental health resources. Some highlights include engaging activities like journaling, interactive discussions, and real-life examples. This workshop can be facilitated virtually or in-person. All facilitators have been trained by Jack.org's certified mental health instructors.

## What people have said

"I thought the workshop was great. I really like the active listening activity. The youth like activities like that."

"My favourite part was how friendly the leaders were!"

"[The youth] all really enjoyed and found it informative."

**What are you waiting for? Come join us at our next workshop!**

To learn more about our partner Jack.org [CLICK HERE](#)

To learn more about The Canadian Courage Project [CLICK HERE](#)