

Seeking young people across Canada who are between the ages of 15-29, and are passionate about mental health and creating change within their communities.

WHAT? Online mentorship from mental health professionals to develop your idea, including help with obtaining grant money, skill building, and more!

WHEN? Regular online meetings from April to September 2020

Gain skills and knowledge to bring your ideas to life, and make positive change! Be part of the Canada Service Corps, a national network of youth organizations and unique opportunities that empower young people to make an impact.

Online Design Lab from April to September, 2020 with mindyourmind