



**Canadian Mental  
Health Association**  
Cowichan Valley

371 Festubert Street  
Duncan, BC  
V9L 3S4

### **For immediate release**

The CMHA Cowichan Valley Branch is pleased to announce a new program delivered through the Open Door Youth Services Centre. This new project - the Youth Community Action Project (Youth CAP) - will provide participants with in-house, experiential education opportunities to gain leadership/social skills such as team-building, communication, self-care/wellness, problem solving, conflict resolution, goal setting and action planning. Funding is being provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement.

The Youth CAP will also provide participants with an introduction to Mental Health topics such as anxiety, depression, and promoting self-care through an in-house, youth co-created/facilitated Mindful Wellness Workshop. Further, participants will learn how to access services and supports for themselves and their peers. Youth CAP will provide formal skills training including: Food Safe (Safer Food Duncan) and First Aid (Cowichan Valley Training Center). We will also provide training on how to use social media (Jillian Lawrence Inc.) to promote Mental Health Awareness and Education, and online/virtual youth supports. The in-house and formal training components of Youth CAP have been included not only to improve employability, but importantly to provide the skills necessary to maximize the effectiveness and impacts of the community service project work.

The CMHA-CVB is very excited to provide meaningful opportunities for Youth CAP participants to perform valuable community service to the most vulnerable members of our community. The community service component, supervised and supported by the Program Coordinator, will provide participants with experience for improved employment outcomes as well as increased access to post-secondary opportunities (entrance and scholarships). Through our excellent working relationship with School District 79, we anticipate that not only will school aged participants be able to continue with the project through September-December, they will also receive academic credit for their participation.

The CMHA-CVB looks forward to providing youth participants with the experience of a strong connection to their community and a true sense of value and belonging. We also welcome community ideas for potential service opportunities for our participants. We would also like to thank the Kiwanis Club of Duncan for sponsoring Youth CAP's community service projects. Additional sponsorship opportunities are available and all donations will go directly towards the teams' s community service initiatives.



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