

OUR MEETINGS

The New Northern Mentality meet on Wednesdays from 4-6pm. Currently meetings are being held virtually using the Zoom platform. To become a youth advocate for mental health please contact us!

CONTACT US

Text or call 705-297-3467
YE@algomafamilyservices.org
DM us on Instagram
@thenewnorthernmentality



CHECK US OUT ON INSTAGRAM FOR...

Mental health resources, self care tips and tricks, projects and event information, and more!



@thenewnorthernmentality



THE NEW NORTHERN MENTALITY



www.algomafamilyservices.org

WHO WE ARE

The New Northern Mentality is a youth led advocacy group that is committed to opening up the conversation about mental health and breaking down the barriers (eliminating the stigma of having a mental health challenge and getting help for mental health) in our community. Youth engagement is about providing a safe space for individuals to connect and giving a voice to those who are passionate about all things mental health.



WHAT WE DO

Our goal is to help improve programs and services at Algoma Family Services by developing and implementing projects to advocate for mental wellness.

We host, facilitate, and participate in a range of activities linked to mental health initiatives including:

- Community Engagement
ex. Returning to School: COVID-19 Edition Survey and Report
- Provincial Retreats & Conferences
ex. Disable the Label
- Youth-Led Community Events
ex. Blue Monday

ARE YOU...

A youth 14-24 years old who lives in the Algoma Region? Interested in learning about mental health advocacy and joining local youth-led initiatives?

WOULD YOU LIKE TO...

Explore community advocacy and eliminate stigma? Gain volunteer hours for school? Learn new skills for your resume?

