



# Nation of Wellness

The world and Canadian society are undergoing rapid change, presenting emerging challenges and opportunities to each new generation. By defining/reclaiming a clear purpose and promise for adolescence, each of us can execute actions that **help young people feel supported and trusted to acquire and create the knowledge they need to steward the future.**



## The Approach (What we do)

## The Outcome (The difference we want to make)



**Youth and young adults aged 14-28 plan and lead work within their communities** to build a culture where young people (especially those with experience of marginalization) are seen, heard, included, and celebrated



Young people build resilience by creating and enhancing environments of **belonging, exploring and sharing their culture**, and discovering, developing and demonstrating their skills



Young people forge pathways to connect each other with networks of support through **youth-led conferences, community dialogue events, and advocacy initiatives**



**More community entities define and fine-tune their roles vis-à-vis the next generation:** creating opportunities for young people to lead and take supported risks that feel relevant to their lives; show that their skills, knowledge and experiences are valid and valuable; and, inspire hope for the future



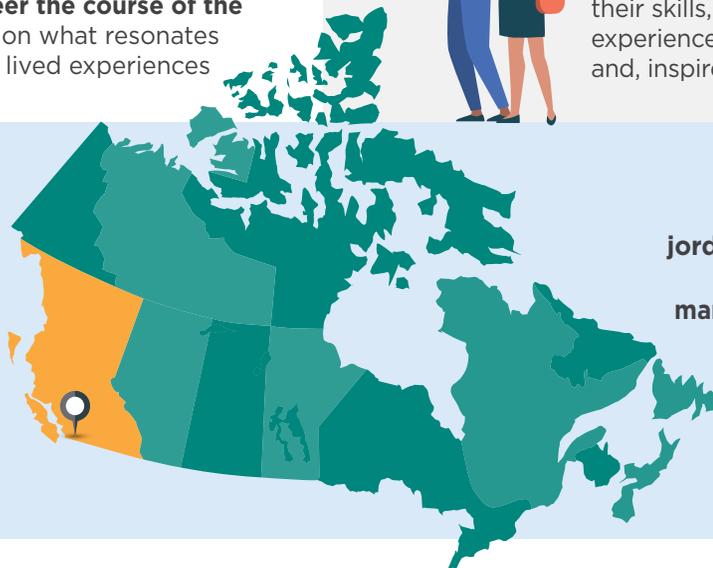
**Young people steer the course of the project**, focusing on what resonates with their diverse lived experiences

## Where We Are



**Abbotsford, British Columbia**

Matsqui-Abbotsford Impact Society



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