


2023



ABOUT CHANGE Health

Change Health AB honors its Treaty responsibilities in ceremony with the Indigenous Elders of Treaty 6, 7 and 8.

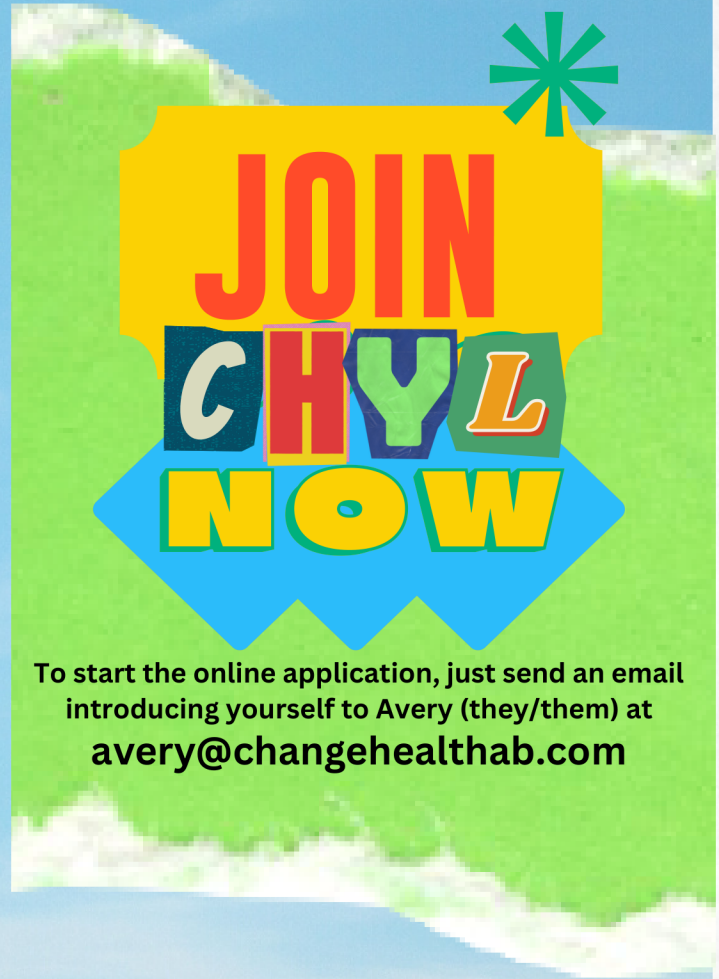
We believe that the journey of re-learning healthy living skills is a hands-on, community-based process, and it can't be done alone.

To combat the ongoing physical and mental health crisis facing the next generation, we're supporting youth in leading the change.

In addition to traveling to schools across the province, we host camps and retreats at the CHANGE Centre, a 130 acre nature-based learning hub located on the Pembina River.

Today our work has four main branches:

- a) Nutrition & meal preparation,
- b) Physical activity & lifelong fitness
- c) Mental health & wellbeing, and
- d) Relationships & community connections.



JOIN CHYL NOW

To start the online application, just send an email introducing yourself to Avery (they/them) at avery@changehealthab.com



CHANGE HEALTH YOUTH LEADERSHIP



CHYL

What is it?

CHYL (Change Health Youth Leadership) is an brand new leadership development program for a small cohort of youth organizers from across Alberta.

What is a youth organizer?

A **youth organizer** is a young person who works collaboratively with other young people to achieve a common goal.

Are you passionate about making your community a better place? You might be a youth organizer!

CHYL members will build relationships, grow their skills, travel on urban plunges, attend team retreats, and lead events to improve the health of their community.

Why should I join?

FREE food, fieldtrips, trainings, guest speakers, outdoor nature experiences, lifelong memories

1-1 mentorship and personalized support to develop the skills necessary to advocate for any issue you care about

A supportive network of diverse youth from across the province

Certificates of completion for major milestones, plus letters of recommendation for jobs, scholarships and other programs (because our goal is your continued growth & success).

REAL WORLD EXPERIENCE! You'll have the opportunity to make a meaningful difference in the health your community.

Last but not least... to foster accessibility and to recognize the value of your time, we offer youth:



PAID HONORARIUM

***based on number of volunteer hours**

***a maximum of \$500 per calendar year**

What are the responsibilities?

Here's what we need from you:

- ★ Support your CHYL team by attending meetings, communicating regularly via email, zoom, social media, 1-1 phone calls, etc.
- ★ Work together to organize an event to promote health in your community (with the support of Change Health staff), then document your work and share what you learned
- ★ Attend CHYL OUT retreats to connect with other young leaders, discuss issues in your communities and learn the skills to take action and make change
- ★ Provide your ongoing and honest feedback on how we can improve the program AND participate in a group debrief at the end of the year.

