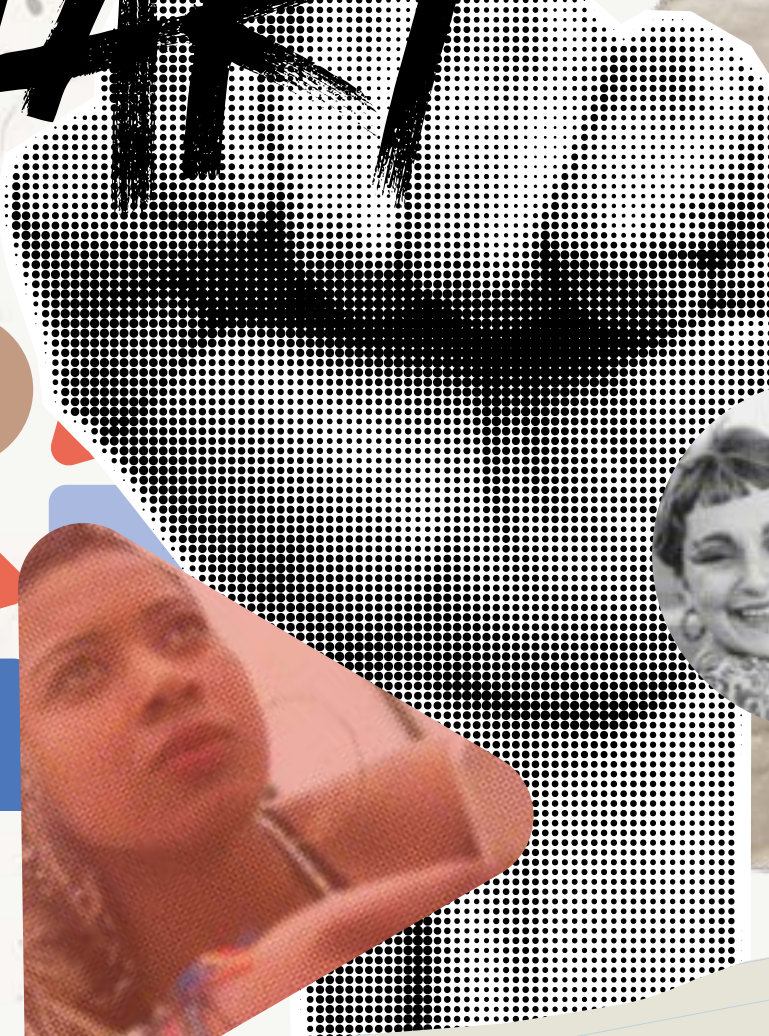
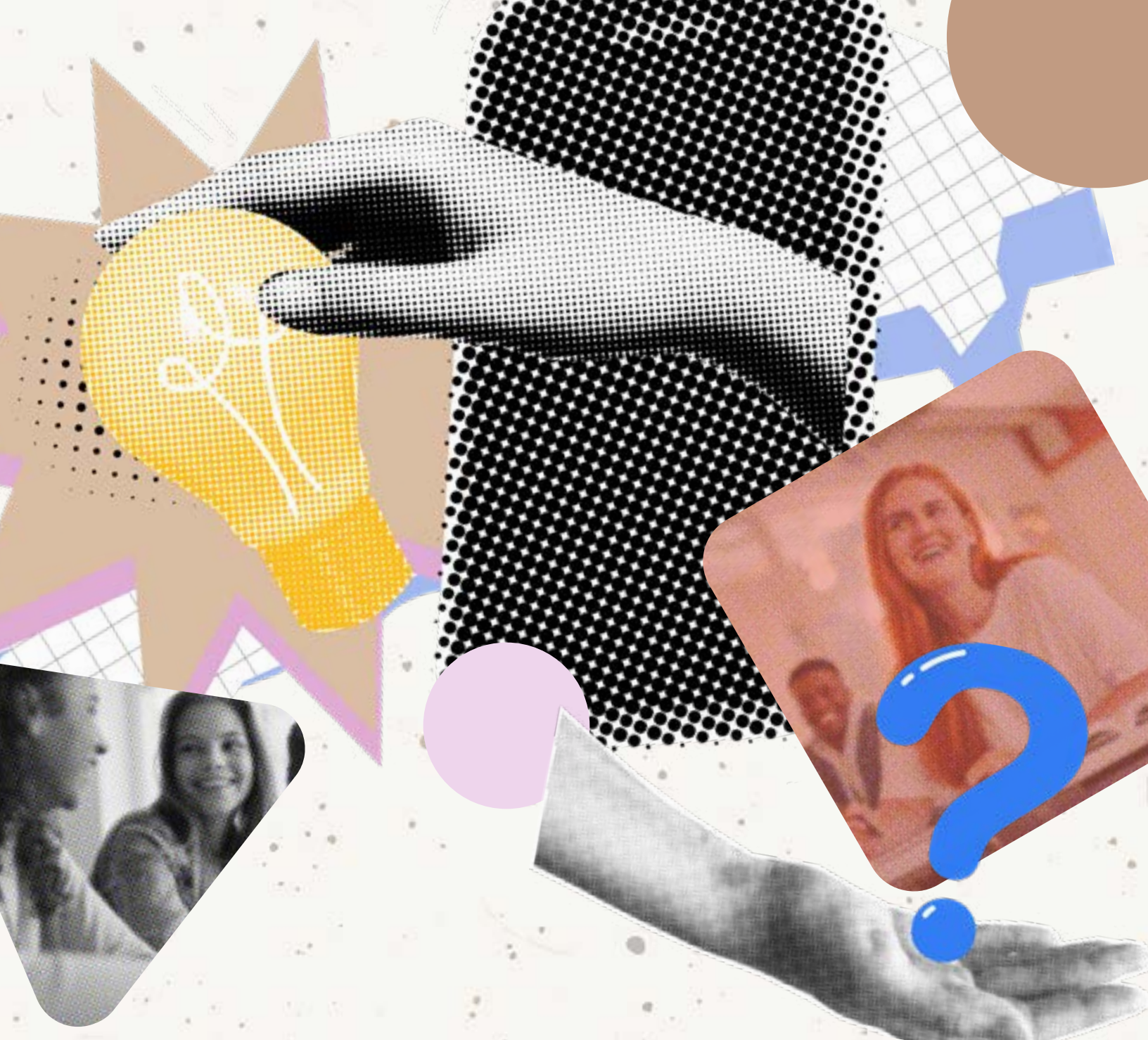


PRESS START



THE 2024
COLAB HIGH SCHOOL
PROGRAM





WHAT IS IT?

Calling all youth activists! Are you passionate about making a positive change in your community? The Colab High School Program is all about using teamwork and creativity to tackle mental health challenges amongst high school students.

Join us for an exciting 7-week virtual program where you and your team will work with mentors to create innovative community-based solutions around mental health and gain access to grant funding. Only 1-hour per week time commitment (after school hours).

AT THE END OF THE PROGRAM, YOU'LL HAVE:

- ▼ New connections with like-minded social entrepreneurs
- The tools and resources to put your ideas into action
- 10 Teams will be selected and can apply for up to \$5,000 in grant funding from a total grant pool of \$25,000!

We create a safe space of respect for growth and collaboration to tackle urgent social issues with creative solutions. This is reflected in the programs values to encourage authenticity, foster community, establish connections, build networks, and create opportunities. Bottom line - we want to bring young minds together to talk about stuff that really matters, like mental health.





THE DETAILS

The program's focus area is the mental health of young people in Canada. The current mental health programs in Canada are missing the mark, so we're challenging groups like yours to come up with fresh solutions in one of these key areas:



De-stigmatizing mental health

Cultivating mental health literacy, fostering awareness and enhancing communication through open dialogues around mental health.



Building confidence and self-image

Celebrating individuality and amplifying diverse perspectives and voices to nurture confidence and positive self-image.



Creating safe spaces for connectedness

Creating accessible community spaces that foster connection and belonging, empowering others to speak openly about mental health in a safe and supportive environment.

THE SCHEDULE

Program Kick Off

October 24th, 2024 (Mark your calendars!)
4-6pm EST



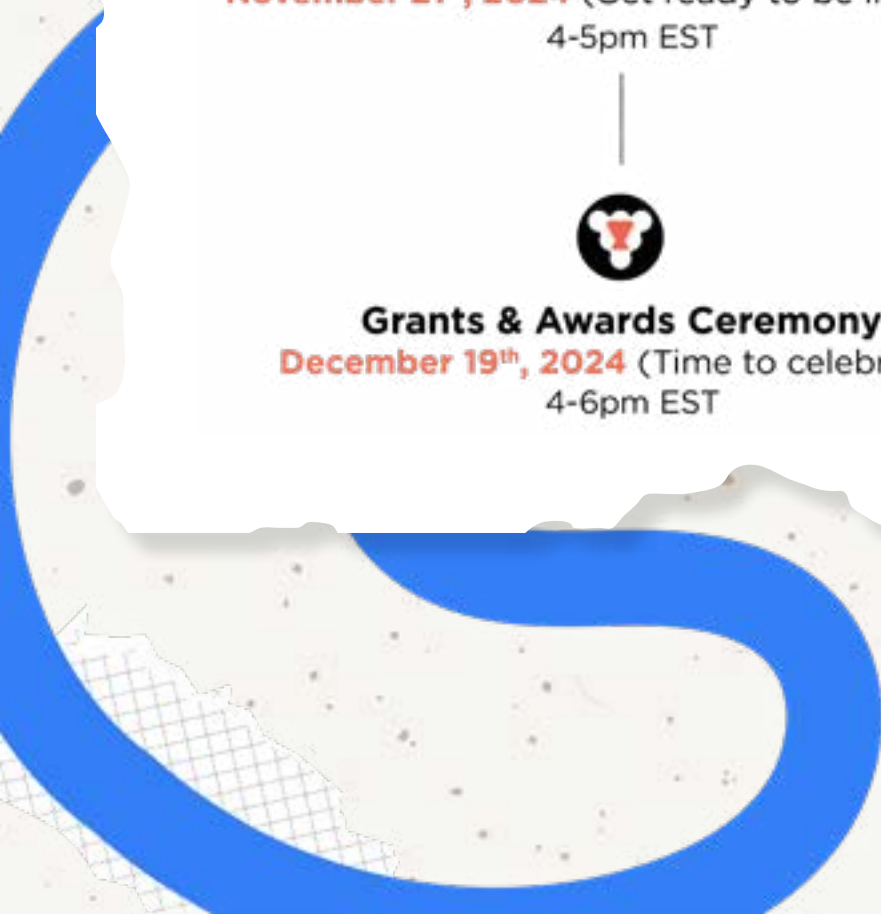
Co-Creation Sessions
November 7th, 14th, and 28th, 2024
4-5pm EST



Challenge Session
November 21st, 2024 (Get ready to be inspired!)
4-5pm EST



Grants & Awards Ceremony
December 19th, 2024 (Time to celebrate!)
4-6pm EST



SCHEDULE DETAILS

Program Kick-Off : October 24th. 2024

Meet everyone, get the info on what's coming, and learn how to make the most of your CoLab experience. Plenty of time for questions and networking!

Co-Creation Sessions: November 7th, 14th, and 28th. 2024

Work with mentors, get peer feedback, and expert guidance. Weekly tools and resources to help you brainstorm and create your project.

Challenge Session: November 21st. 2024

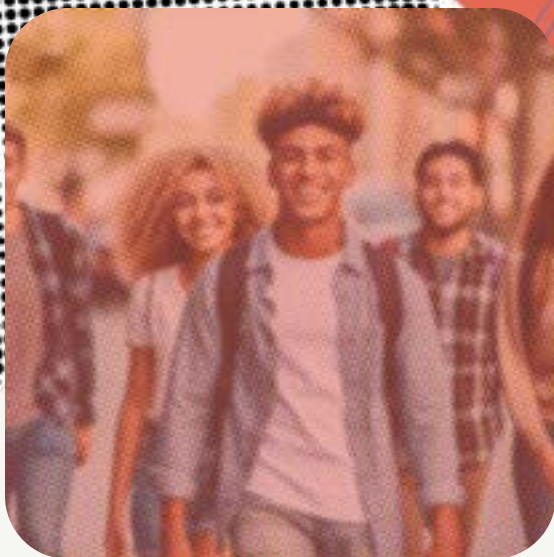
Hear from an amazing speaker, Anthony McLean, and learn about his mental health and entrepreneurial journey. Get ready to expand your thinking!

Grants & Awards Ceremony: December 19th. 2024

We celebrate all your hard work with awards, certificates, and grants for the best projects.

And there's more! Optional office hours, networking sessions, and tons of support from mentors throughout the program.





READY TO JOIN?

If you're a high schooler in Ontario, apply with 2-5 friends and a group leader (a member of the educational community) by the application deadline (September 28, 2024). We've got your back with accessibility accommodations during applications and throughout the program, too!

Oh, and did we mention we're offering grants to help bring your incredible ideas to life? From our annual CoLab Program, we've supported projects like the Trans Healthcare Database, Our Safehouse, and The Chronic Illness Group, which are already making a real impact! Check it out!



SUCCESS STORIES

The Trans Healthcare Database by Ilya Robinson

The Trans Healthcare Database is a centralized transgender healthcare database that will allow for more access to information, more access to healthcare, and thus greater mental health outcomes for trans youth.

Our Safehouse by Sierra Patey

Our Safehouse is a not-for-profit organization that provides online services to help navigate mental health services and social support systems. This organization focuses on the factors that contribute to suicidal thoughts and ideations. One of the main goals is to connect people to the community while offering support and guidance to those struggling with suicidal ideations. The organization can be viewed as an online recovery café, motivating people to look positively into the future. Having an added mental health program for suicide prevention will help stop the number of suicidal attempts among people of all ages.

The Chronic Illness Group by Karima Leslie

The Chronic Illness Group is a virtual program customized for female creatives, entrepreneurs, and aspiring business owners with invisible, physical, chronic illnesses. It aims to improve the mental well-being of intersectional struggles with chronic illness by addressing cognitive, financial, emotional, physical, and environmental health.

OUR SPONSORS

Big shoutout to our sponsors — Teachers Life and OTIP — who are all about supporting Canadian education workers and making positive change. And don't worry, no fees or strings are attached when you join the CoLab Program — just good vibes.



WANT IN?

Learn more here: nowly.ca/presstart/colab-high-school or scan the QR code below for more info. Applications are open from September 3rd to September 28th 2024. Get ready to make a difference!



nowly.ca/presstart/colab-high-school

SCAN ME!