



Youth BEAT Fraser Valley Employment Program

YMCA Youth BEAT is a FREE employment program that supports youth with mental health barriers to **Breathrough to Employment And Training**. The program also helps youth gain confidence in kick-starting their careers. This holistic program, in partnership with service providers and employers in the Fraser Valley, provides a wealth of support, training and mentorship that is tailored to meet the individual needs of our participants.

Participants benefit from:

- 5 weeks of workshops based around employability, wellness and life skills
- 12-week support phase during work placements
- Daily breakfast, weekly living & grocery allowances, transit supports
- 6 month YMCA Fitness Membership

Eligibility criteria:

- Aged 15-29
- Experiencing mental health challenges
- Unemployed or underemployed
- Not attending full time school

We offer 4 intakes per year – one per season. Our Winter intake will begin in February. Referral not required. All interested persons must attend an information session or meet with program staff prior to program start.

Contact us for more information email: youthbeat.fv@gv.ymca.ca or text/call: 236-522-1277