

So What is WAYVE?

WAYVE is a mental health awareness and bullying prevention group focusing on youth leadership and community building in Waterloo Region.

In WAYVE, youth and adults work together to create a community where wellness is promoted, people are accepted, valued, and respected, and youth are empowered to use their voices to create meaningful change.



wayve.ca



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@wayvevr



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Canadian Mental Health Association
Waterloo Wellington

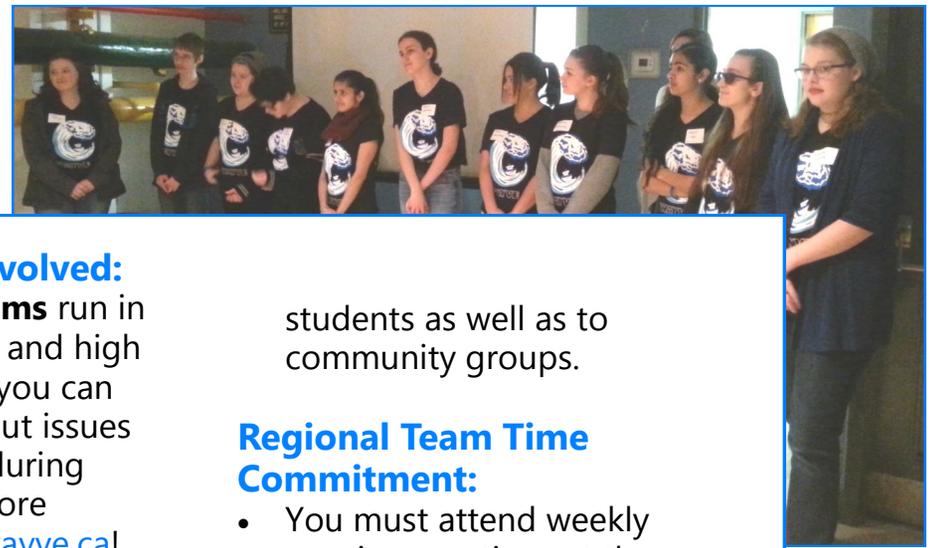
Association canadienne pour la santé mentale
Waterloo Wellington



United Way
Kitchener Waterloo & Area



Join WAYVE to create meaningful change!



How You Can Get Involved:

- **Empowerment Teams** run in many senior middle and high schools. By joining, you can raise awareness about issues within your school during school hours. For more information go to wayve.ca!
- You can also join the **Regional Team** to volunteer as part of a community organization. Team members create and deliver presentations that bring awareness about mental health and bullying to youth across the region.

Being a Part of the Regional Team:

- You and a group of students from schools across Waterloo Region are trained to be aware of sensitive youth issues such as bullying, mental health, acceptance and belonging.
- With the support of the WAYVE facilitators you and the team research and create a large assembly style presentation.
- The team delivers these presentations to senior elementary and high school

students as well as to community groups.

Regional Team Time Commitment:

- You must attend weekly evening meetings at the Canadian Mental Health Association in downtown Kitchener.
- You will be signed out of class approximately 6 times during the school year for a few hours to deliver the WAYVE presentation (transportation is provided by the program).
- You can sign up for optional events and outreach activities that take place in the community some evenings and weekends.

Benefits of Joining the Regional Team!

- Get volunteer hours
- Meet new people
- Fun opportunities
- Looks great on your resume
- Be part of an award winning team
- **Create meaningful change**