

AGENDA
HEALTHY SAANICH ADVISORY COMMITTEE

Held electronically via Microsoft Teams
Wednesday, February 2, 2022 at 6:00 p.m.

In light of the COVID-19 pandemic and to ensure social distancing, this meeting is closed to the public and can be viewed/heard via MS Teams. Please note that MS Teams callers are identified by their phone number which can be viewed on screen by all attendees at the meeting.

1. **TERRITORIAL ACKNOWLEDGEMENT AND DIVERSITY, EQUITY AND INCLUSION STATEMENT**
2. **ADOPTION OF MINUTES (attachment)**
 - January 5, 2022
3. **CHAIR'S REMARKS**
4. **DRAFT CADBORO BAY LOCAL AREA PLAN (attachment)**
 - Silvia Exposito, Planner
 - To view the Draft Local Area Plan and the virtual open house please follow the links below:
 - [Draft Cadboro Bay Local Area Plan](#)
 - [Cadboro Bay LAP Virtual Open House](#)
5. **MENTAL HEALTH DURING COVID AND POST-COVID (attachment)**
 - Committee Member Dr. Jasmine Noble
6. **ROUNDTABLE DISCUSSION**
7. **DIVISION REPORT – FOR INFORMATION (attachment)**
 - Cristina Caravaca, Senior Manager Community Services

* Adjournment *

Next Meeting: March 2, 2022 at 6:00 pm

In order to ensure a quorum, please contact Austin Winters at 250-475-5494 ext. 3508 or
Austin.winters@saanich.ca if you are unable to attend.

MINUTES
HEALTHY SAANICH ADVISORY COMMITTEE
Held virtually from Saanich Municipal Hall, Council Chambers
January 5, 2022 at 6:01 p.m.

Present: Chair: Councillor Ned Taylor

Members: Clare Attwell, Ryan Henderson, Basil Langevin, Kam Judge, Liz Miller (SCAN), and Jasmine Noble.

Staff: Cristina Caravaca, Senior Manager, Community Services; Tara Da Silva, Senior Committee Clerk; and Austin Winters, Committee Clerk.

Absent: Silvia Mangué Alene and Carren Dujela

MINUTES

MOVED by L. Miller and seconded by K. Judge, “That the minutes of the Healthy Saanich Advisory Committee meeting held November 3, 2021, be adopted as circulated.”

CARRIED

CHAIR’S REMARKS / WELCOME AND INTRODUCTIONS

The Chair welcomed new members to the committee. The Chair encouraged all members to contact him if they have any questions, concerns or ideas about the committee. Members of the committee and staff participated in roundtable introductions.

REVIEW OF HSAC PURPOSE, TERMS OF REFERENCE, COMMITTEE MEETING DATES AND COMMITTEE PROCEDURES

The Chair confirmed that meetings will be held at 6:00 p.m. on the first Wednesday of the month, except for July, August and December. The Terms of Reference were provided to members of the committee for informational purposes.

REVIEW POTENTIAL SPEAKERS LIST

Committee member Dr. Noble led a discussion on varying speakers that potentially could be invited to present to the Committee on a variety of topics in 2022. The following speakers were mentioned:

- Dr. Thomas Kerr is the Associate Director of the BC Centre on Substance Use (BCCSU) and Director of Research at the BCCSU.
- Dr. Kerr is the leading expert in Canada on the opioid crisis and harm reduction. He was also the lead scientist in the evaluation of the safe injection site in Vancouver that was used in the Supreme Court of Canada rulings on safe injection sites.
- Dr. Jill Murphy is a Professor at the University of British Columbia and an Executive Director of the APEC Digital Hub for Mental Health.
- Dr. Murphy’s expertise is in workplace mental health from which Dr. Murphy and Dr. Noble completed a global survey on workplace mental health for the World Health Organization.

- A representative from the Institute of Health Economics could be invited to speak on the impact costs have on public health and public policy decisions.
- Dr. Andrew Greenshaw is a Professor of Psychiatry and Neuroscience at the University of Alberta and the scientific director of the APEC Digital Hub for mental health.
- Dr. Greenshaw has a lot of expertise in a variety of fields but of particular interest to the committee may be his expertise in adolescence and youth mental health.
- Dr. Vincent Agyapong is the Head of the Department of Psychiatry at Dalhousie University.
- Dr. Agyapong along with Dr. Noble completed a study on broad text messaging support using principles of cognitive behavioural therapy to support mental health.
- Dr. Noble also offered to speak in front of the Committee on new technology in mental health or preventions and interventions for Fetal Alcohol Spectrum Disorder which are her areas of expertise.

The following was noted during discussion with committee members:

- For further review a list of all of the speakers Dr. Noble mentioned was requested to be circulated with the committee members.
- The Chair established a preference to invite one of the experts on mental health since HSAC is already currently focusing on mental health and how to update the Strategic Plan to include mental health components.
- A member requested to potentially include “story of place” into the mandate of HSAC. “Story of place” focuses on the premise of examining and telling the deep history of a specific location.

ADJOURNMENT

The meeting adjourned at 6:27 p.m.

NEXT MEETING

The next meeting is scheduled for February 2, 2022.

Councillor Taylor, Chair

I hereby certify these minutes are accurate.

Austin Winters, Committee Secretary

KEY PLAN DIRECTIONS

1

Retain and enhance the unique character of the Village core as the heart of the community.



2

Diversify transportation links and be more welcoming to pedestrians and cyclists.



3

Plan for sea level rise and climate change impacts.



4

Provide more housing forms in the village neighbourhood suitable for all ages and stages of life.



5

Enhance Gyro Park as an integral part of the community heart and place of natural beauty.



6

Recognize local First Nations culture and history.



7

Green the village and surrounding streets.



8

Ensure new buildings and public spaces are in harmony with the Village scale and character.



9

Enhance Sinclair Road as a safe and enjoyable walking and cycling route.



THE DRAFT PLAN IS READY FOR YOUR INPUT

Visit our website at: saanich.ca/cadboro

DRAFT

Cadboro Bay LOCAL AREA PLAN

An updated Local Area Plan will provide a renewed course to guide future growth and change in the Cadboro Bay local area over the next 20-30 year horizon.

The Draft Cadboro Bay Plan seeks to retain what is valued about Cadboro Bay, while looking to expand housing options, respond to climate change, improve active transportation routes and enhance the Cadboro Bay Village.

The Draft Plan sets out a vision and planning framework that can be responsive to changing circumstances over time. The local area plan also sets a context for considering development proposals in the area.

THE DRAFT PLAN IS READY FOR YOUR INPUT!

Note: COVID-19 public health measures in effect will be applied.

INFO

saanich.ca/cadboro

- View the Draft Plan
- Complete the Community Survey
- Register for an Open House
- See the Virtual Open House

OPEN HOUSES

Saturday, November 13, 2021
- 1 pm to 6 pm

Thursday, November 25, 2021
- 11 am to 2:30 pm

Broad View United Church (Gym),
2625 Arbutus Road

Tuesday, November 16, 2021
- 5:30 pm to 9 pm

Friday, November 19, 2021
- 5:30 pm to 9 pm

St-George's Anglican Church (Gym),
3909 St-George's Lane

IN-PERSON OPEN HOUSES ARE NOW SCHEDULED!



WHAT DOES THE PLAN ADDRESS?



Environment and Sustainability



Village Plan



Land Use



Urban Design



Transportation and Mobility



Social and Cultural Well-Being



Parks and Trails

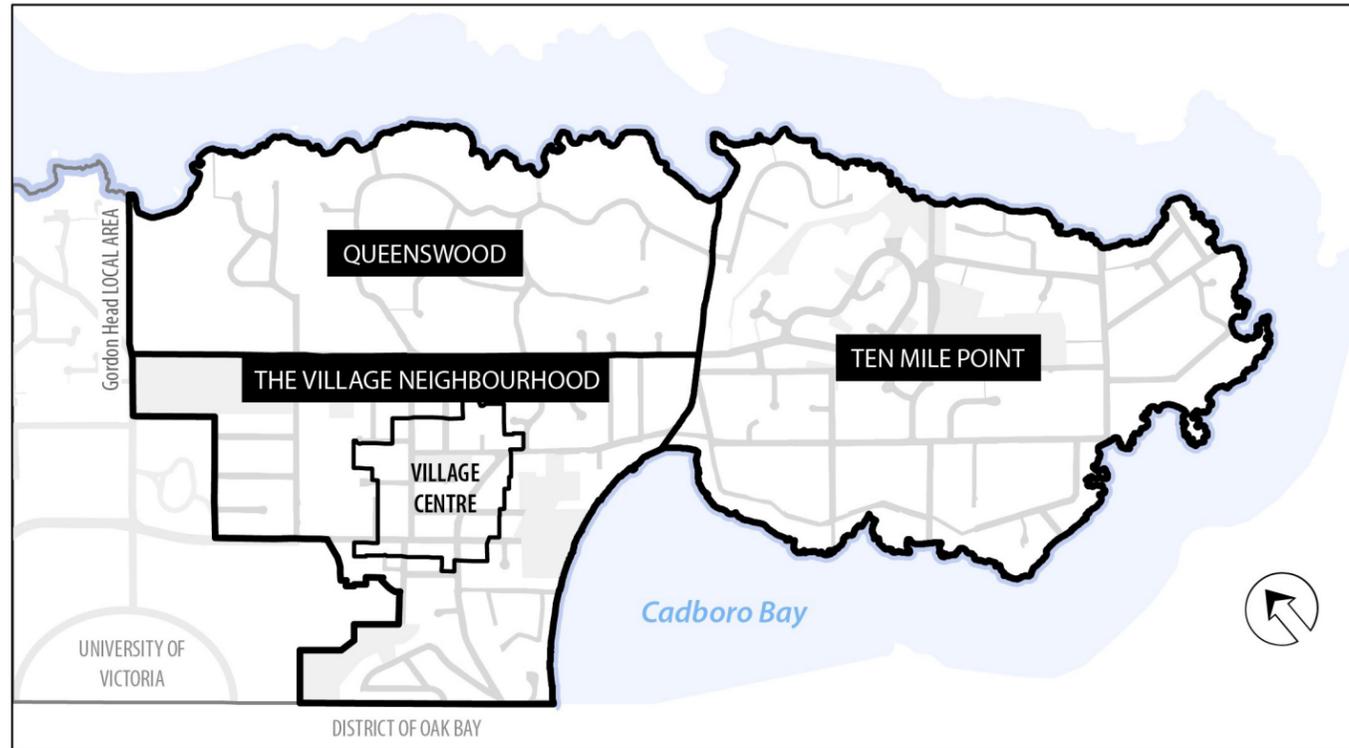


Economic Vibrancy

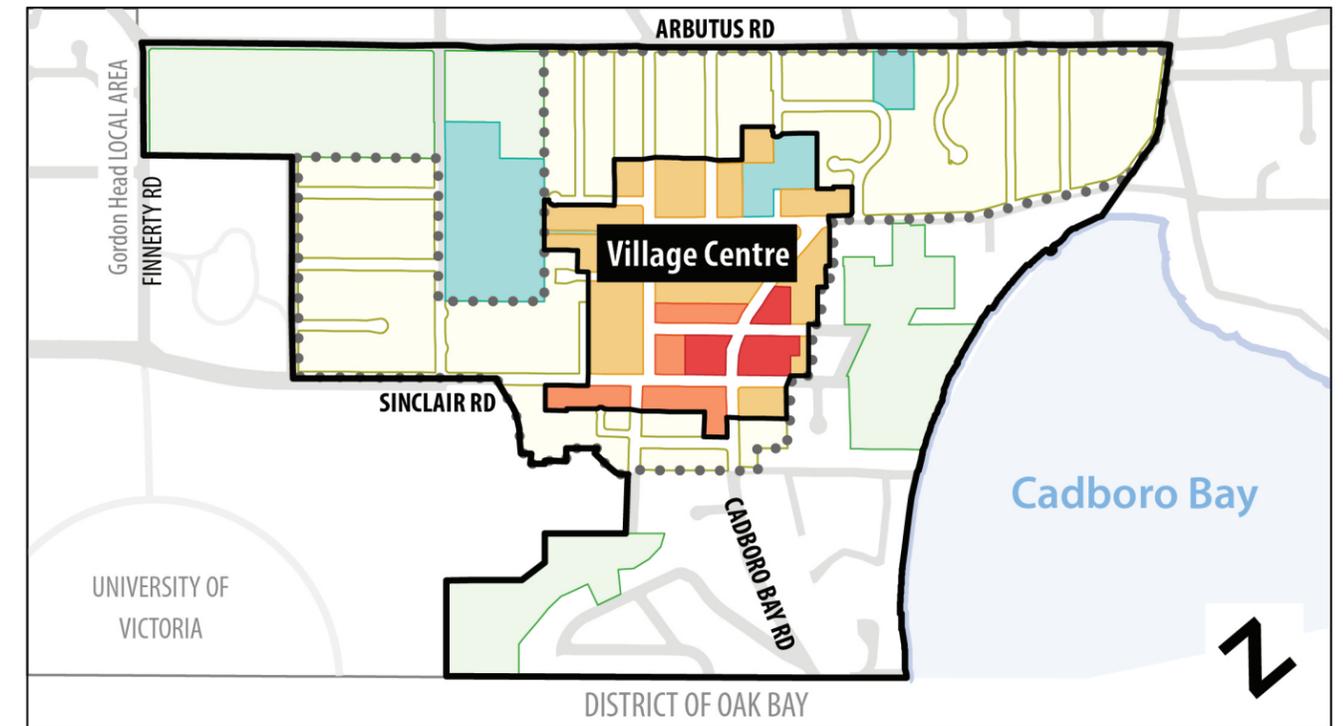
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CADBORO BAY LOCAL AREA PLAN **DRAFT**

CADBORO BAY NEIGHBOURHOODS



CADBORO BAY VILLAGE



DRAFT LOCAL AREA PLAN HIGHLIGHTS

- Support a more complete community within walking distance to services and amenities in the Village, with the goal to accommodate a variety of demographics including seniors and younger families.
- Focus future growth in the Village Neighbourhood, looking to provide more diverse, ground-oriented housing options including duplexes, townhouses, house-plexes, and other innovative housing forms.
- Implement new design concepts for Sinclair Road and Cadboro Bay Road, with a focus on safe, high quality sidewalks and bike facilities, improved crossing options and integration of trees and public spaces.
- Protect natural areas and features that are unique to Cadboro Bay and improve access to these special places.
- Maintain the large lot, semi-rural character of Queenswood and Ten Mile Point neighbourhoods, with limited infill housing through District-wide programs.
- Support institutional lands as a key part of the community and in their role to deliver community services, regionally significant employment and housing in a manner consistent with community character.

AN UPDATED PLAN FOR CADBORO BAY VILLAGE

- Celebrate Cadboro Bay Village as the heart of the community with pedestrian oriented streetscapes and gathering places that sustain community life and well-being.
- Use updated Development Permit Area Guidelines to assess the form and character of new development, promoting quality urban design and compatibility with Village character.
- Allow opportunities for incremental expansion of commercial uses connected to the Village Centre to expand the availability of shops and services.
- Support a greater diversity of housing options in the Village, with the goal of achieving a mix of housing types, unit sizes, tenure and affordability levels.
- Enhance Village connections to Cadboro-Gyro Park through improved pedestrian and cycling facilities, urban design and wayfinding.
- Integrate climate change and sea level rise projections to adapt land use and ensure a resilient Village Centre.

THE DRAFT PLAN IS READY FOR YOUR INPUT!

Learn more and let us know what you think at: saanich.ca/cadboro



Mental Health during COVID-19

Dr. Jasmine Noble, Postdoctoral Fellow, Departments of Computing Science and Psychiatry, University of Alberta



Overview

1. Mental health during and after COVID
2. Coping strategies
3. The importance of community
4. Summary
5. Questions

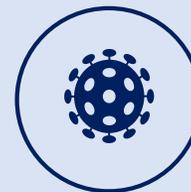
The Existing Unmet Need



One in three Canadians will experience a substance use health or mental health disorders in their lifetime.¹



1/3 Canadians do not feel their mental health needs are being met.²



There is a significant increase in need for mental health support resulting from COVID-19.³

Mental Health During COVID-19

Infectious disease outbreaks - increases in anxiety, depression, posttraumatic stress disorder (PTSD), substance use disorders, domestic violence, and child abuse. ⁴

1 in 4 (2021) Canadians are experiencing symptoms of depression, anxiety or posttraumatic stress disorder, up from 1 in 5 (2020).⁵

45% of women, and 34% of men say their mental health has declined.⁶

Increase of deaths of despair⁷

- 1,720 opioid toxicity deaths April and June 2021 (Canada-wide)
- 66% increase compared to 2019 (1,038 deaths)

Suicidal thoughts increased - death by suicide is unclear ^{8 6}

Similar Historical Accounts

“There is also no doubt but that influenza was the direct cause of thousands and thousands of [psychiatric] cases.” - Dr. Karl Menninger, MD on 1918 influenza pandemic⁹

“Among the most important of the nervous sequelae [of influenza] are depression of spirits, melancholia and . . . dementia.” - Dr. William Osler, MD on 1899¹⁰

“[there were] A good many people who, without being actually laid up with definite symptoms of grip [influenza], yet seemed to some extent to be under the influence of the poison, as shown by such symptoms as general languor and depression.” - Dr. Julius Althaus, MD on 1892 influenza pandemic¹¹

Higher risk demographics¹²

Higher risk demographics:

- unemployed
- young adults (18-24)
- unpaid caregivers
- Indigenous Peoples
- LGBTQ2S+
- people with disabilities
- individuals with existing psychiatric or substance use conditions
- healthcare workers and other essential workers¹³
- elderly¹⁴

Direct and Indirect Mental Health Effects of COVID-19

Direct:

- at risk of developing neurological or psychiatric condition within 6 months of diagnosis.¹⁵

Indirect:

- public health measures and socioeconomic disruptions of uncertain length
- social determinants of health
- impacts of systemic and institutional racism
- economic downturns

How are individuals coping?⁶

(n=3,027) – Sept 2020

50% of Canadians are exercising outdoors to cope with pandemic

11% accessing virtual mental health care

17% increased substance use

- 20% alcohol
- 9% cannabis
- 7% prescription drugs

After COVID-19¹⁶

Loss of life – bereavement and grief contribute to personal loneliness

Symptoms of depression and other serious mental illnesses— common following disasters and other pandemics—are made worse by loneliness and lack of social support.

... Social support is also a strong predictor of resilience following disasters and posttraumatic recovery following exposure to trauma and disasters.



The Importance of Communities

Strengthening Connectedness

Building Resilience Together



The Importance of Communities

Connection and Resilience:^{17, 18}

- connectedness is detected as a mediating factor, as a feeling of being connected to others that has positive effects on coping with the crisis
- altruism/volunteering is a crucial factor that motivates people to work toward collective well-being, prosperity, and serenity
- digital technologies (including social media) may provide an opportunity to increase connectedness and reduce feelings of loneliness and isolation
- living in an area with easy access to green spaces “increases perceptions of social support, connection, and social well-being.”
- physical activity is positively associated with improved mental health

Community-Level Interventions

Trust in Institutions: ^{17,18}

- studies suggested reducing social media use, particularly in relation to accessing information about COVID-19, except for social connection
- public health education increased health literacy was associated with decreased depression and increased health-related quality of life
- trust in institutions - a protective factor for communities that experience crises, such as the COVID-19 pandemic

Empower members of the community ^{4, 17, 18}

Recommendations:

As a community becomes more empowered, its collective efficacy increases, which may mitigate the mental health impacts of an infectious disease outbreak such as the COVID-19 pandemic.

1) Engage and partner with community leaders and community-based organizations:

It is important to promote community action and collective involvement through shared decision-making in the planning, implementation, and evaluation of an intervention

- build community coalitions - community leaders and community-based organizations can help promote the reduction of mental health stigma, increase knowledge and awareness about mental health, and build a sense of shared responsibility and collective efficacy
- promotes trust in institutions, which can increase perception of wellbeing during times of collective crisis

Empower members of the community ^{4, 17, 18}

2) Empower and mobilize community members:

Empowerment strategies should focus on building on the skills of citizens, which serves to facilitate authentic participation and the empowerment of community members:

- Webpage with evidence-based information on resources to support mental health during COVID-19
- promote and strengthen psychosocial factors (such as trust, connectedness, sense of community, etc.)
- conduct community outreach, education, and training on the signs and symptoms of mental health issues, how to access mental health resources, and effective supportive and coping skills
 - Builds community capacity to train others
 - Self-Help Plus (SH+) – World Health Organization (free)
 - Psychological First Aid – Red Cross (\$20)
 - Mental Health First Aid – Mental Health Commission of Canada (~\$200)

Possible Actions at a Community Level ^{4, 17, 18}

3) Reduce social isolation and increase connectedness:

Create social interaction opportunities that facilitate “being apart, together.”

- promote outdoor and indoor physical activity – for older adults print-outs of workouts are recommended
- small group efforts could be implemented to increase awareness of mental health issues while building supportive environments and connectivity, resulting in a deeper sense of community
- coming together in the face of the pandemic and creating online and in-person social events (that maintain safe physical distancing) are both tools for individual resilience and crucial methods with strategic implications to overcome pandemic-related social diseases and support the most vulnerable groups
- promote technological and social media use among the elderly (incl. training)

References:

- 1) Pearson, C. Janz, T. & Ali, J (last modified 2015) Mental and substance use disorders in Canada. Statistics Canada Catalogue # 82-624-X. Available at: <https://www150.statcan.gc.ca/n1/pub/82-624-x/2013001/article/11855-eng.htm>
- 2) A. Sunderland and L. Findlay, "Perceived need for mental health care in Canada: Results from the 2012 Canadian Community Health Survey – Mental Health," Statistics Canada Catalogue, pp. no.82-003-X, 2013.
- 3) Moreno, C., Wykes, T., Galderisi, S., Nordentoft, M., Crossley, N., Jones, N. et al. How mental health care should change as a consequence of the COVID-19 pandemic. *The Lancet Psychiatry* (2020) 7(9): P813-824.
- 4) Tayyib, N. M. (2021, July 29). An Action Plan to Address the Mental Health Impact of COVID-19 on Communities: Five Effective Strategies. Psychological Services. Advance online publication. <http://dx.doi.org/10.1037/ser0000575>
- 5) <https://www150.statcan.gc.ca/n1/daily-quotidien/210927/dq210927a-eng.htm>
- 6) <https://www.med.ubc.ca/news/new-national-survey-finds-canadians-mental-health-eroding-as-pandemic-continues/>
- 7) <https://health-infobase.canada.ca/substance-related-harms/opioids-stimulants/>
- 8) McIntyre RS, Lui LM, Rosenblat JD, et al. Suicide reduction in Canada during the COVID-19 pandemic: lessons informing national prevention strategies for suicide reduction. *Journal of the Royal Society of Medicine*. 2021;114(10):473-479. doi:10.1177/01410768211043186
- 9) Menninger KA. General psychiatry for the general practitioner: 2. Mental disease after influenza. *J Kans Med Soc*. 1919;19(10):243–249. <https://archive.org/details/journalofkansasm1919kans>

References:

- 10) Osler W. The Principles and Practice of Medicine: Designed for the Use of Practitioners and Students of Medicine. 3rd ed. New York, NY: D. Appleton; 1899.
- 11) Althaus J. Influenza: Its Pathology, Symptoms, Complications, and Sequels; Its Origin and Mode of Spreading; and Its Diagnosis, Prognosis, and Treatment. 2nd ed. London, England: Longmans; 1892.
- 12) Mental Health Commission of Canada, Mental Health and Substance Use During COVID-19: Spotlight on Youth, Older Adults & Stigma <https://mentalhealthcommission.ca/resource/poll-covid-19-youth-older-adults-stigma/>
- 13) Cabarkapa S, Nadjidai SE, Murgier J, Ng CH, The psychological impact of COVID-19 and other viral epidemics on frontline healthcare workers and ways to address it: A rapid systematic review, Brain, Behaviour, & Immunity - Health, 8 (2020) 100144.
- 14) <https://www150.statcan.gc.ca/n1/daily-quotidien/210927/dq210927a-eng.htm>
- 15) Taquet M, Geddes JR, Husain M, Luciano S, Harrison PJ. 6-month neurological and psychiatric outcomes in 236 379 survivors of COVID-19: a retrospective cohort study using electronic health records. Lancet Psychiatry. 2021;8(5):416–427. [https://doi.org/10.1016/S2215-0366\(21\)00084-5](https://doi.org/10.1016/S2215-0366(21)00084-5)
- 16) Saltzman article here
- 17) Esposito 2021
- 18) Safieh 2021



The Corporation of the District of Saanich

Report

To: Healthy Saanich Advisory Committee;
Parks Trails and Recreation Advisory Committee

From: Cristina Caravaca, Senior Manager- Community Services

Date: February 02, 2022

Subject: Community Services Division Update

RECOMMENDATION

That the Committee receive this report as information.

PURPOSE

The purpose of this report is to provide the Committee with an overview of recent Community Services division activities.

DISCUSSION

Film Industry: The film industry continues to be active in Saanich with a new project from GPM Productions called "Reginald the Vampire". Locations in 2022 include a section of Scolton Road in the Cadboro Bay area, the interior of a vacant unit within the Tillicum Mall, a remote residence in the Ten Mile Point area and the Gorge Road Canoe and Kayak Facility. Reginald the Vampire will continue to film throughout the first part of the year with several more Saanich locations scheduled, but not yet disclosed.



Special Events: Due to the on-going pandemic we are not able to host the in-person Family Arts Festival at the Cedar Hill Recreation Centre in 2022. Case counts of the new Omicron variant are expected to remain high in the Victoria area and current PHO restrictions on indoor events remain in place until mid-February. Plans are underway for either the outdoor GeoQuest Scavenger Hunt event in April or a return to the full scale in-person Earth Day Festival at the Saanich Hall if restrictions begin to ease.



Older Adult Services: Staff have been renewing community connections and communicating internally and externally throughout the winter. Internally we have begun developing a deeper connection with our diverse range of Older Adult Instructors. We also have collaborated with programmer groups in teams across our Saanich community recreation centres, as we work together on pursuing the 2022 Older Adult strategic goals. Our Older Adult team has met with inter-municipal partners, recreation programmers and Island Health at the first (HARP) Health and Recreation Partnership Older Adults Committee meeting of the year. We have also chaired the first of this year's seasonal meetings with our Older Adult serving partners in Saanich (Victoria Native Friendship Centre, Saanich Silver Threads, Cordova Bay 55+ and Goward House). This gathering continues to develop openness, program partnership and a shared voice of advocacy between agencies. At this meeting we were encouraged to share widely and use in territorial acknowledgements a video made by the Songhees Nation (<https://vimeo.com/275788251>). This video was shared with us by the Victoria Native Friendship Centre and it helps connect us, to the connection to the land, upon which we do our Older Adult work and we keep this in mind as we go about our connections and communication this year.

Community Arts: Exhibitions: [The Witness Blanket Travelling Exhibition](#) by artist Carey Newman and the Canadian Museum for Human Rights ran at Cedar Hill in November-December. We facilitated a successful opening ceremony, two film screenings of the documentary film [“Picking Up the Pieces: The Making of the Witness Blanket”](#) with the artist in attendance, and private bookings for over 1000 students/schools, members of Indigenous organizations or families and community services organizations. The exhibition was well attended and made an impact on many community members, many sharing their thoughts and gratitude in our guest book, and sharing comments on social media.



The Art of Gratitude inter-generational invitational exhibition of art and poetry at Cedar Hill ran through January 21. Twenty-two artists shared their art and personal expressions of gratitude with the community, combined with a participatory activity for community add to a gratitude tree. The 2022 season of exhibitions begins with an exhibition by artist Barb Derosie. **Programs:** In December, we successfully held a youth poetry night for youth from a variety of schools. The turnout and performances were tremendous and participants very respectful of health protocols. Our popular Youth Art Hive program at Cedar Hill returned Jan. 13 at full capacity. Community-partnered arts programs are in the planning stages for late January start.



Diversity and Equity: Diwali was Nov 1-5 this year and with restrictions in place we wanted to celebrate with community in a way that was safe. Saanich community recreation centres were decorated with information panels and diyas and lights starting Nov 1st and on Nov 3rd community volunteers set up in each of the centres and were wishing folks a Happy Diwali and offering individually wrapped laddos (traditional treat). We also worked with community members to put together another video greeting that we put out on Nov 4th through social media.



We have loaned our portable skate park equipment to Tsawout Nation for this winter to begin a youth skate boarding program. The idea is the equipment will be rotated through the WSANEC Nations which will enable their youth workers the ability to provide indoor opportunities to skateboard and scooter. We will also be able to have our female skateboard instructor work with them to increase opportunities for girls skateboarding.

Financial Assistance: The LIFE (Leisure Assistance for Everyone) program will be celebrating its 30th anniversary of supporting individuals and families living on a low income. Over the past 3 decades, thousands of Saanich citizens have been granted free access to enjoy drop-in services and a reduction in registration fees to ensure social engagement and physical activity was available to them despite their income. A milestone to celebrate and be proud of!

The 2022 LIFE program registration and renewal process began on November 15th, 2021. Undoubtedly the pandemic is having an effect on registration trends, albeit LIFE participants are following through with the registration process and their commitment to their well-being. We were excited to re-introduce the opportunity for LIFE patrons to purchase the Regional annual pass at 50% off the regular price as it was available pre-COVID however, understandably this option is tentatively on hold.

The Saanich Elf once again made an “amended” appearance in a COVID safe and friendly way this past holiday season this year appropriately delivering a face covering to every child at Tillicum School. Of course, the “gifting” process looked much different from the 144 pair sock delivery in 2019 and the helmets that were presented in 2020, however, none-the-less, the bright and playful face coverings donated by the Canadian Tire Jumpstart Charities program were well received and greatly appreciated by the Tillicum School Community.

On January 17th, 2022 we moved forward with the Saanich Canadian Tire After School Jumpstart program at Tillicum School expanding to including an additional off-site location, the Pearkes Field House on Mondays and Thursdays to ensure capacity numbers were following PHO guidelines and safe for the participants. Following and email out to the school community seeking interested of the program, all after-school sessions were full within a couple of days. Again, the success of acquiring a grant from the Canadian Tire Jumpstart Charities program is making this possible and making a difference in the lives of 75 children who otherwise would not have the accessibility to extra-curricular activities after school due to limited finances and resources.

Child and Youth Services: Youth Services wrapped up 2021 with our participants and partners from Claremont High School Indigenous Leadership group, Royal Oak Middle School, Surrounded by Cedars and VIRCS all enjoying our Teen Centre space to celebrate the end of the year!

As we say good-bye to the Fire Department at the Pearkes Youth Centre, and before we welcome back the Youth from the Tillicum Community, the Flipside is getting a re-refresh! Fresh paint, new ceiling tiles and a deep floor clean are all underway.

Lastly, we wanted to share this amazing testimonial from our VIRCS Partnership with the Backdoor Teen Centre at Gordon Head.

"We really appreciate the opportunity to use the Backdoor Teen Centre for our monthly Youth Nights as part of the Enable Program. The centre is spacious, light and youth-friendly. It is perfect for facilitating art, conversations, workshops, hang-outs, games, cooking and movie nights. The fact that it is fully-equipped with everything we need is so helpful.

One of our successful youth-run projects last summer, called "Ready, Set, Engage", was borne out of regular meetings in the Backdoor Teen Centre. We have been able to offer workshops facilitated by community partners around communication, leadership and success. This fall, we met up to celebrate the Mexican Day of the Dead and to explore ideas of resilience. It has meant so much to both staff and youth to be able to meet safely in person since the beginning of last year. It truly has brought youth together and provided a space to create community. We look forward to many more moments with newcomer youth in this space."

(January 10th, Enable Program Facilitator)