

Youth Action Council (YAC)

“We are a diverse, youth-led group focused on raising awareness about wellness and creating a positive impact in our community. Our mission is to promote healthy lifestyles, reduce harm from substance use, and inspire action to break stigma.”

How We Take Action Each Month

- Social Media & Advocacy – Zoom meetings to plan content and campaigns
- Leadership Development – Zoom meetings with youth and adult leaders
- Community Meetups – In-person discussions on substance use & mental health with games and food
- Events & Campaigns – Organizing events and campaigns that spread awareness and engage our community

Join Us!

If you're passionate about mental health, substance use awareness, and making a difference, the Youth Action Council is for you! We hold 3-5 meetings per month, but attendance is flexible—you can join the meetings and activities that fit your schedule and interests.

Areas of Involvement

Leadership Duties :

- Plan and facilitate youth meetings.
- Attend youth & adult leadership meetings.
- Coordinate community events.
- Assist with social media content creation and promotion.
- Plan and organize regular in-person hangouts.
- Represent the council at community events and ensure objectives are met.

General Membership Duties :

- Assist with projects and initiatives as directed by council leaders.
- Participate in in-person hangouts.
- Volunteer at and support community events.
- Provide input, feedback, and engage in council activities.
- Optionally assist with social media content creation and promotion.

Please Reach Out For Questions or More Information:

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