

# PROJECT NOW

## A future with no child and youth suicide starts today



Project Now is looking for youth 16 – 24 years, family members, caregivers, or friends who have had personal experience with suicide to join our Youth and Family League.

Project Now is a multi-year, community-wide partnership project with the mission that no child or youth will die by suicide in our community. The Youth and Family League makes sure that the ideas and advice of youth and families impacted by suicide help to shape and inform Project Now work.

### **Personal experience is defined as the following:**

- Having thoughts of ending your life;
- Having taken action to end your life;
- Supporting a friend or family member who has had thoughts of ending their life;
- Supporting a friend or family member who has taken action to end their life; and/or,
- Losing a friend or family member who died by suicide.

If you are willing to speak openly in a group setting, Project Now wants to hear your honest opinions about what is working and what isn't, what you think is missing, and what we need to do about it.

Project Now will provide training and orientation for all members. High school volunteer hours and honorarium for League members will also be provided.

**If you or someone you know is interested, please email [yafl@thp.ca](mailto:yafl@thp.ca)  
or call (905) 848-7580 extension 6268**

