



Mississauga • Brampton • Caledon

*The future rests in our helping hands*

## **MEDIA RELEASE**

### **Volunteer MBC's Youth Committee Raise Awareness for Mental Health**

**May 9, 2014 – Brampton, ON** – Over one hundred youth came together through music and dance with the goal of diminishing the stigma around mental health. MADScatter, an interactive day of re-discovering mental health, held on Saturday, April 19 was comprised of a community service organization volunteer fair, an open mic session, and a dance party to bring awareness to mental health for youth.

The event was held at “The Den” of Sheridan College’s Davis Campus in Brampton and was coordinated by youth, for youth. Volunteer MBC’s Step Up Youth Volunteer Ambassadors Committee took the lead, with support by the volunteer centre’s staff, who presented an event which helped to raise awareness and provide information and insight surrounding how mental health may affect individuals. Highlights included key-note speaker, Alison Pryce, Staff Facilitator of Youth Net from the CMHA (Canadian Mental Health Association) - Peel Region, who provided an inside view of how stress affects youth; as well as Mississauga’s very own spoken word artist and rapper, Wali Shah, who delivered an impactful message about supporting friends through challenging times. Shah then kicked off the dance party.

“MADScatter’s goal was to help create awareness on mental health issues among high school youth,” said Shaminda Perera, Volunteer MBC’s Assistant Manager of Community Engagement. “The message was given out in the form of entertainment where hundreds of youth were volunteering to support the cause...through everyone’s efforts; the event was a great success.”

MADScatter was made possible through support from the United Way of Peel Region’s Youth in Action Grant. Other supporters included DJ Eugene Wilson who provided music throughout the event. He is also the Programmer of Volunteer Development at the City of Brampton and Coordinator of the Brampton’s Mayor’s Youth Team. Special thanks also goes to all of the youth who volunteered, as well as those who participated in the open mic session and shared their thoughts about the importance of mental health through various mediums such as singing, poetry, dance and drama.

#

7700 Hurontario Street, Unit 601, Brampton, ON L6Y 4M3 • Phone: 905.238.2622 • Fax: 905.595.2612 • Email: [info@volunteermbc.org](mailto:info@volunteermbc.org)  
[volunteermbc.org](http://volunteermbc.org) | [facebook.com/LikeVolunteerMBC](https://facebook.com/LikeVolunteerMBC) | [twitter.com/VolunteerMBC](https://twitter.com/VolunteerMBC) | [linkedin.com/company/volunteer-mbc](https://linkedin.com/company/volunteer-mbc)



Volunteer MBC's Step Up Youth Volunteer Ambassadors is a component of the volunteer centre's *Empower Youth to Create Community Change Program*, which offers a recruitment and training program for youth to match them to meaningful volunteer positions at local community service organizations. The training program provides leadership and service excellence training, as well as ambassador development that support the youth's personal and professional growth. On-going financial support is required to ensure the continued success of this program. Donations can be made through Canada Helps at: [www.canadahelps.org/CharityProfilePage.aspx?charityID=s101596](http://www.canadahelps.org/CharityProfilePage.aspx?charityID=s101596)

Volunteer MBC is a volunteer centre serving the cities of Mississauga and Brampton, and the Town of Caledon. The centre offers a referral and matching service for volunteer placement within the community for all ages. They also provide education and support for volunteers and community service agencies and organizations, and serve the corporate community with various programming services that engage individual and team volunteering. Additionally, the centre strives to be a strong voice to support and promote volunteerism.

For more information about Volunteer MBC, to access their on-line volunteer opportunities database, and to find more details on the centre's three convenient locations in Mississauga, Brampton and Caledon, visit [www.volunteermbc.org](http://www.volunteermbc.org).

Photos of the event can be viewed at: <https://www.flickr.com/photos/volunteermbc/sets/> under the Album titled "MADScatter 2014".

- 30 -

**For more information and media inquiries, please contact:**

Sharon Clark-Koufis  
Marketing & Communications Manager  
Volunteer MBC  
P: 905.238.2622 ext. 221  
C: 416.433.0639  
E: [media@volunteermbc.org](mailto:media@volunteermbc.org)

*Photos follow.*

---

7700 Hurontario Street, Unit 601, Brampton, ON L6Y 4M3 • Phone: 905.238.2622 • Fax: 905.595.2612 • Email: [info@volunteermbc.org](mailto:info@volunteermbc.org)  
[volunteermbc.org](http://volunteermbc.org) | [facebook.com/LikeVolunteerMBC](https://facebook.com/LikeVolunteerMBC) | [twitter.com/VolunteerMBC](https://twitter.com/VolunteerMBC) | [linkedin.com/company/volunteer-mbc](https://linkedin.com/company/volunteer-mbc)





*Photo caption: Mississauga's very own spoken word artist and rapper, Wali Shah, who delivered an impactful message about supporting friends through challenging times at MADScatter event.*



*Photo caption: The MADScatter dance party begins!*

7700 Hurontario Street, Unit 601, Brampton, ON L6Y 4M3 • Phone: 905.238.2622 • Fax: 905.595.2612 • Email: [info@volunteermbc.org](mailto:info@volunteermbc.org)  
[volunteermbc.org](http://volunteermbc.org) | [facebook.com/LikeVolunteerMBC](https://facebook.com/LikeVolunteerMBC) | [twitter.com/VolunteerMBC](https://twitter.com/VolunteerMBC) | [linkedin.com/company/volunteer-mbc](https://linkedin.com/company/volunteer-mbc)