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The future rests in our helping hands

MEDIA ADVISORY

MADScatter Event to Help Diminish the Stigma Around Youth Mental Health

May 1, 2015 – Brampton, ON – On Saturday, May 2 from 3PM to 7PM, Peel Region youth will be coming together to learn about mental health at “MADScatter”, a one-day event which will include a community service organization fair, a Yoga presentation, an open mic session, motivational speakers, followed by sweating out stress through music and dancing.

The goal for the event is to diminish the stigma around mental health by raising awareness and providing information and insight surrounding how it may affect youth. The event has been organized by Volunteer MBC's Step Up Youth Volunteer Ambassadors, a dynamic group of high school students who encourage youth engagement through volunteering by organizing events, such as *MADScatter*, and other activities within their schools and the community.

Through the organization fair, youth will be able to connect to their community by being able to interact directly with community service organizations that support mental health, volunteerism and much more. The open mic session will be an opportunity for youth to be able to perform on topics related to mental health awareness through their chosen medium (singing, poetry, dance, drama). Motivational speakers and special guests include:

- **Kwaku Agyemang**, a student at North Albion collegiate Institute, who works at The Students Commission of Canada as a youth facilitator and on the YMCA Youth Advisory Council. He also hosts a radio show called playful politics on 401radio.com.
- **Sandra Rakowska**, a Sheridan College graduate and now successful real estate agent at Century 21 in Oakville, who will be sharing her experience of growing up in Poland and migrating to Canada with her parents. She has been exposed to the 'McDonalds culture' early on and now inspires healthy and balanced eating habits and healthy lifestyles in the youth generation.
- **Sahaja Yoga**, a small team of yogis-meditators from Halton, who will be providing a session at the event. As youth themselves, they know they represent the future and are aware of the statistics which demonstrate the pressure, the anxiety and the depression many youth face on a daily basis. Their team is committed to bringing optimism, balance, and the sense of self-respect so that youth can gain complete trust in themselves, in their communities and in their future.

The event will transition into a dance for the youth present to be able to enjoy with their friends, DJ'd by Eugene Wilson.

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MADScatter is one, of many, events and activities being held during the *ChangeTheWorld - Ontario Youth Volunteer Challenge*, a campaign for youth to get involved in their community. *ChangeTheWorld* kicked off on April 12 and runs until May 24, 2015 all across Ontario. During the six week campaign, youth between the ages of 14 to 18 are invited to get involved in local community events and activities, and to be recognized for their efforts.

Date/Time:

- Saturday, May 2, 2015
- 3:00PM to 7:00PM

Location:

- South Fletcher's Sportsplex, 500 Ray Lawson Blvd., Brampton, ON L6Y 5B3

Link to map:

<http://mapq.st/1JWT0ZN>

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 (youth, adults, seniors, and families). 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, the *ChangeTheWorld* campaign, the Step Up Youth Volunteer Ambassadors, 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.

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For more information and media inquiries, please contact:

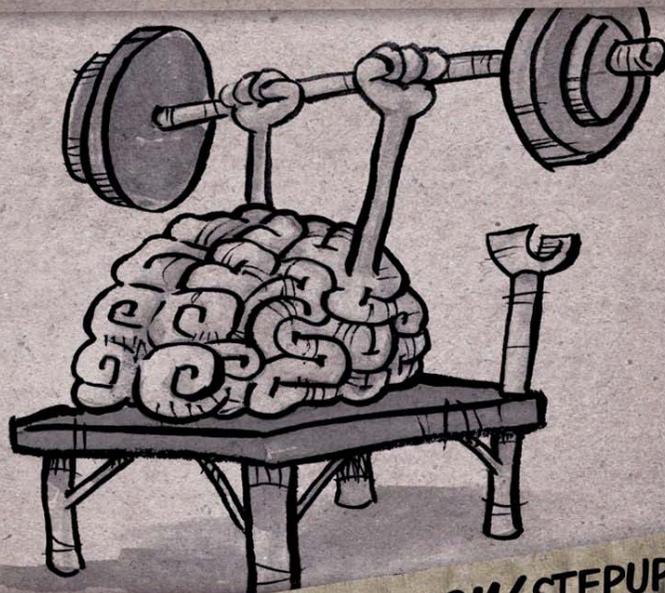
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See poster attached.

THE STEP UP AMBASSADORS PRESENT

MAD-SCATTER

2015: HEALTHY MIND, HEALTHY BODY



VISIT [FB.COM/STEPUPVMBC](https://www.facebook.com/STEPUPVMBC)

JOIN THE PARTY ON

05.02.15

SOUTH FLETCHER'S SPORTSPLEX

500 RAY LAWSON BLVD, BRAMPTON, ON L6Y5B3

JOIN US:

3.00PM TO 7.00PM

REGISTER FOR THE EVENT AT MADSCATTER.EVENTBRITE.COM

STEP UP YOUTH VOLUNTEER AMBASSADORS (SUYVA) PROGRAM IS VOLUNTEER MBC'S YOUTH AMBASSADOR PROGRAM MANAGED COMPLETELY BY A DYNAMIC GROUP OF HIGH SCHOOL STUDENTS.



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A CHANGETHeworld EVENT

DESIGN: S.D. PROJECT

