



YOUth Bloom is an all-encompassing initiative aimed at fostering resilience and promoting health and wellness among youth **ages 13-19** in Ladysmith and Stz'uminus. The **YOUth Bloom** project is set to make a significant impact by empowering youth with the skills, knowledge, and connections needed to thrive and contribute positively to their communities.

June to December 2024
weekly sessions 1.5-2hrs long

For more information or to participate in the YOUth Bloom Program Contact

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This project is funded by Island Health and is a partnership between the Town of Ladysmith, Stz'uminus First Nation, and Ladysmith Secondary School.

Project components and objectives:

Food Literacy and Cooking Skills:

- Understanding the relationship between food, land, water, health, and well-being
- Selecting nutritious and culturally significant foods

Farm-to-Table Gardening:

- Hands-on experience in horticulture and urban farming
- Opportunity to plant, cultivate, and harvest crops

Skills Training:

- Certification workshops such as Food Safe and First Aid
- Workshops on food preservation techniques

Youth-led Mentorship and Leaders in Training:

- Build a network of youth mentors who can earn recognized certifications
- Provide volunteer opportunities to foster community engagement, connection, and potential future employment