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www.cornwallhospital.ca/en/embrace

CHANGING CARE

EMBRACE J'EMBARQUE

Addiction

WE ARE YOUNG CARERS

Mental Health

CHANGING CARE

EMBRACE J'EMBARQUE

WELCOME

to the Zine

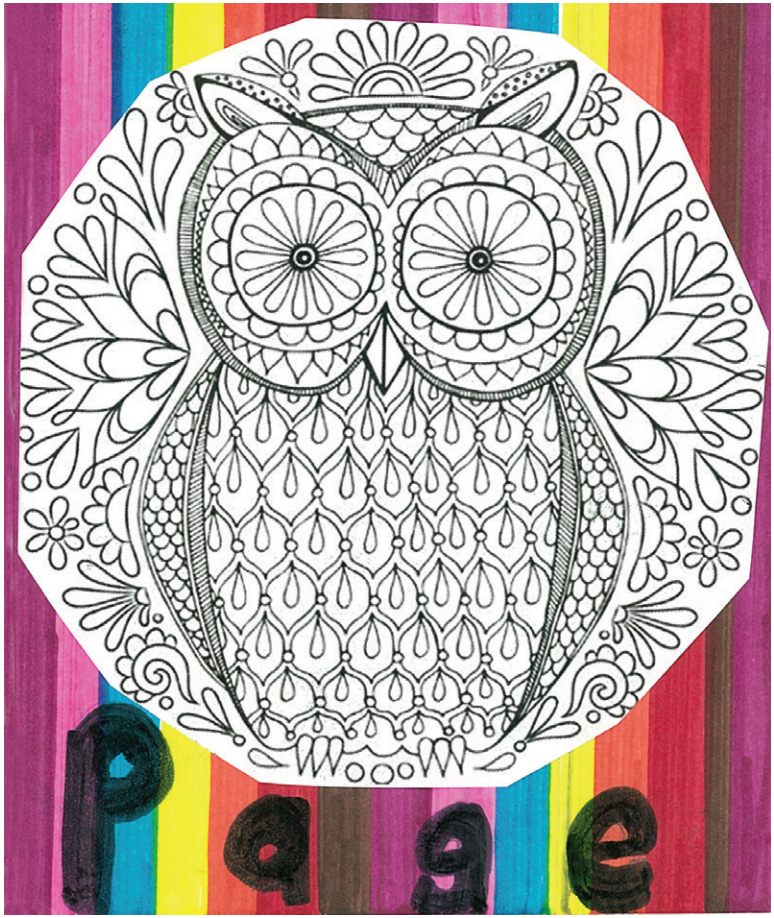
The Embrace Young Carers Advisory Committee created this Zine with the hope to bring a sense of understanding to the hidden population of young carers in our community.

Join our Young Carers Advisory Committee!

Do you want to talk about what it is like to provide care for others as a young person, Advise the Embrace project on how to include young carers in their work & create awarness about the young carer population???

*By participating, you may recieve community service hours or $10/hour compensation

Call: 613-936-4676
Cell (text): 613-362-1915
Email: embrace@cornwallhospital.ca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The Young Carers Advisory Committee

Who Are Young Carers?

A young carer is someone up to 25 years old who cares for a person that is living with or recovering from mental health or Addiction

It's okay TO TAKE A ME DAY TO BE A BETTER YOU

Rest

- Lowers stress

self-Care

Reward

Recharge

- go meet up with friends
- Watch netflix and chill

- Recognize hard work

"Caring for myself is an act of SURVIVAL"

FUN

Young Carers Word Search

X	G	N	L	L	B	Q	I	H	R	W	H	K	P	S
I	Z	O	U	D	X	V	I	Q	E	R	O	M	A	V
P	K	I	M	J	O	P	D	L	I	A	P	D	K	V
G	V	T	Q	L	A	T	N	E	M	R	L	R	Y	G
F	N	C	H	A	N	G	E	N	Y	T	E	T	B	S
I	G	I	F	L	F	E	V	O	L	S	X	R	H	Y
E	A	D	G	S	S	E	L	F	L	E	S	K	A	F
M	M	D	Z	D	F	V	E	L	L	Z	T	D	Y	C
Y	G	A	Z	R	N	E	J	W	T	M	J	G	C	H
O	I	Z	O	J	B	I	M	R	Y	L	N	A	A	N
U	T	M	P	S	J	C	O	B	F	O	R	U	C	Q
N	S	N	V	L	A	P	O	W	R	I	T	E	O	E
G	P	P	T	U	P	E	K	T	N	A	A	H	V	G
P	X	T	O	U	Z	F	S	G	R	K	C	K	D	U
H	I	P	S	E	S	P	T	F	E	E	F	E	A	H

EMBRACE
YOUNG
CARER
MENTAL
HEALTH
STIGMA
ADDICTION
ADVOCACY
CARING
LOVE
SUPPORT
CHANGE
SELFLESS
STRONG

WHAT WE DO

- be there to talk and listen
- support when needed
- be the strong one for the person you're caring for.
- putting your own stuff on hold for who you're caring for
- not "losing your cool" when yelled at
- take on other roles (sibling → parent)
- making sure they don't use...
- creating "safe places" for the person you care for

- **Help them get help!!**

Family • Partner / Spouse • Friend

neone that you
ing carer, here
esources that
helpful...

Big White Wall

online Support service that can offer help with a wide range of mental health & wellbeing issues.
https://www.bigwhitewall.ca

Kids Help Phone

Text: CONNECT to 686868
Call: 1-800-668-6868
https://kidshelpphone.ca
↳ online chat
↳ resources near me

* If you or your loved one are in crisis or need emotional Support Call 1-866-996-0991. In an emergency, call 911

hospital.ca

If you or som
know is a you
are some
may be

Community Addiction & Mental Health.

Phone: 613 - 361 - 6363

Counselling And Support Services of SD&G.

*Walk - In Counselling: Thursday
Address: 26 Montreal Rd.
Cornwall

YWHO *Coming Soon*

Youth Wellness Hubs Ontario

For more info about The Youth Wellness Hub coming to Cornwall email ECYouthHub@Cornwall

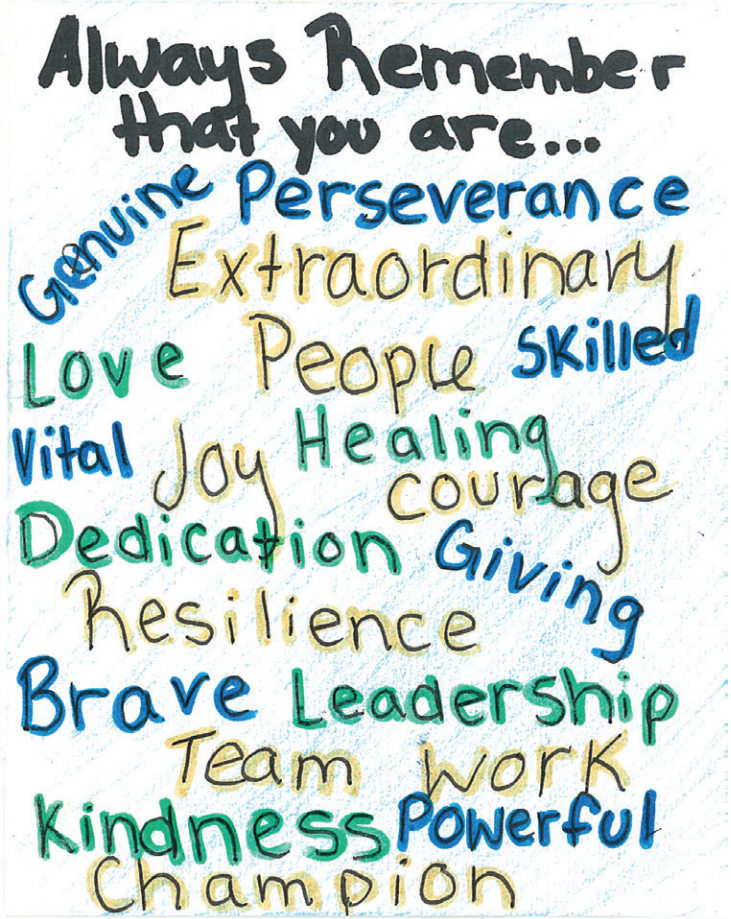
"I feel that I'm being helpful and supportive"

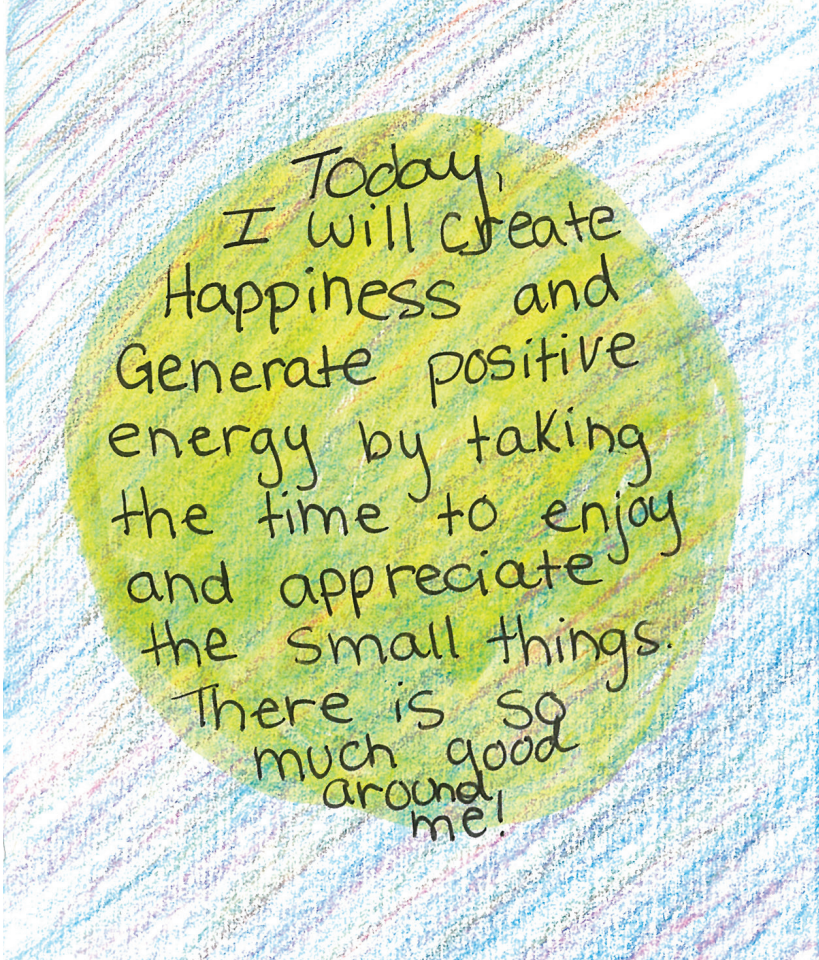
"It can be confusing sometime"

Genuine

Love

"Sometimes it's hard"


Always Remember that you are...
Genuine
Perseverance
Extraordinary
Love
People
Skilled
Vital
Joy
Healing
courage
Dedication
Giving
Resilience
Brave
Leadership
Team work
Kindness
Powerful
Champion


Today,
I will create
Happiness and
Generate positive
energy by taking
the time to enjoy
and appreciate
the small things.
There is so
much good
around
me!