First Nations Health Authority
Health through wellness

270 — 177 Victoria Street
Lheidli T'enneh Territory
Prince George, BC
Canada V2L 5R8

T 250.645.3001
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www.fnha.ca

YOUTH WELLNESS FORUM, 2025
IMPORTANT APPLICATION DEADLINE:
THURSDAY, SEPTEMBER 25, 2025
(Please submit applications to engagement.north@fnha.ca)

First Nations Health Authority is seeking nominations from youth leaders to join us at the upcoming "Youth Mental Wellness Forum" taking place at Sun Peaks Grand Hotel October 6 to October 9th (including travel days).

The following information will describe the opportunity and requirements.

Who is a Youth Leader?
A youth leader is a positive role model in their community who is **aged 16 to 30**. A youth leader is ready to represent the views of their peers and to share their own perspectives on health and wellness in their communities. A youth leader is a champion for positive change and lives the values of respect, discipline, relationships, culture, excellence, and fairness.

Who requires a chaperone?
All participants **under the age of 18** require a chaperone. The designated chaperone must be with the youth at all times and are expected to share accommodation with the youth and participate fully in the event. The FNHA will pay the travel and registration costs for the chaperone to attend.

How many people are you looking for?
Northern Region can send a combined total of (up to) fifty-one youth and chaperones.

Why apply?
The Youth Leaders (and chaperones as required) selected will receive an all-expense paid trip to Sun Peaks for the Youth Mental Wellness Forum October 6 – 9, 2025. This will include travel, accommodation, and meals. Most importantly, the Youth Leaders will have the opportunity to represent the voices of First Nation youth to discuss the important topic of youth mental wellness.

What is the agenda for the event?

Date	Activities
Monday, October 6, 2025	Travel Day
Tuesday, October 7, 2025	**Healing through Culture and Connection**: panel, breakout sessions, adult helper training, interactive playback theatre, workshops, art activity and more
Wednesday, October 8, 2025	**Learning and Celebration**: keynote on land-based wellness, regional breakouts, rotating workshops, celebration dinner and wrap up party, dance, and grand prize draw
Thursday, October 9, 2025	Travel Day

**A more detailed agenda will be available closer to the event*

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APPLICATION AND SELECTION PROCESS

How to apply?

Please submit your application to Engagement.North@fnha.ca by end of day Thursday, September 25, 2025

Requirements

- *Your submission must be received by end of day **Thursday, September 25, 2025.***
- You are a **member of a Northern Region First Nation** and are a Youth **aged 16 – 30**.
- **Provide the name and contact information for your chaperone if you are younger than 18**. Your chaperone must be someone you are comfortable sharing accommodation with. The chaperone will travel with you and is expected to fully participate and engage in the forum.
- Submit **a 1-2 page letter or email** indicating your commitment to attend the event and fully participate. The letter will include why you would be a strong candidate to represent the North and will include a description of your experience and involvement with your community. Please ensure that your letter includes your contact information: phone number and email address.
- Include a **written endorsement from your Chief, a Council member or your Health Director** validating that you have the community's support to attend. The written endorsement will **verify that your community has agreed to coordinate and pay for all aspects of your travel** from home to Sun Peaks and **will provide you with a travel advance** for the meals that are not provided. The community will submit an expense claim to FNHA for reimbursement of the costs for your travel as per the FNHA travel reimbursement policy.
- You (and your chaperone) will be available to attend and participate fully in the forum.
- You are comfortable with public speaking and representing the position of young people in your area regarding mental health.
- You are involved with and have experience in a youth committee, youth advisory etc.
- Being actively involved in cultural activities is an asset.

Selection Process

We recognize and appreciate how amazing our Northern Region Youth Leaders are! To ensure all applicants have an equal opportunity to participate FNHA will:

1. Review your submission to ensure it meets the criteria above. If your submission does not meet the criteria, it will be removed from the list of candidates.
2. All eligible candidates will have their name entered into a random draw that will take place: Friday, September 26th at 9:00 AM.
3. Accepted candidates will be notified no later than end of day Friday, September 26th, 2024.

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4. The Regional staff who contact you will work with you (and your chaperone as required) to register for the event.
5. The names of the accepted candidates will be shared with the Provincial staff who are coordinating details of this event.

Thank you in advance for your speedy response to this call for young leaders. We are looking forward to having the Regional Youth Leaders join us in Sun Peaks in October!

Becky Row
Director of Engagement
Northern Region, First Nations Health Authority