Y4Y Québec

FOR IMMEDIATE RELEASE

Finding your way in Montréal

Y4Y Québec's *Welcome to the City* program for first-year CÉGEP students arriving in Montréal from the regions will support the transition to city life.

Y4Y Québec
5165 Sherbrooke Street West, Suite 107 Montréal, QC H4A 1T6
www.y4yquebec.org

Contact **Adrienne Winrow – Executive Director**
info@y4yquebec.org
514-612-2895

Montréal, Québec, September 12 - Running from **September 21st - October 30th**, the fall cohort of *Welcome to the City* will provide first-year CÉGEP students with insights and experiences related to urban living, as they begin their studies at one of the four on-island English-language CEGEPs.

Regional organisations know that CEGEP-aged youth who move to the city to pursue CEGEP studies in English often return home without having meaningful experiences.[1] In many instances, they drop out of school entirely. These youths report that they experienced extreme homesickness, or they just didn't possess the skills needed for independent living at such a young age. *Welcome to the City* addresses the gap in navigational support for English-speaking students who have made the difficult yet admirable choice to pursue their educations, in spite of the fact that this means they had to leave their hometowns. Programming will create opportunities for young people to connect with other students, establish a viable social network, and learn strategies for independent living.

In these two months, participants will be given a navigational Handbook and engage in activities such as a Cooking on a Budget workshop with professional Chef Gytana Theobrun, a mental health workshop with certified counsellor Parneet Chohan, and go on Montréal's well-known Mural Walking Tour. A limited number of registrants will also be offered a free monthly Opus pass.

Y4Y Québec is a non-profit organisation committed to addressing the issues facing English-speaking youth (ages 16-30) in the province of Québec.

For more information, contact Adrienne Winrow at **info@y4yquebec.org**.

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[1] ECOL, Neighbours Regional Association of Abitibi-Témiscamingue, and 4Korners.