



QUARTERLY UPDATE:

OPPORTUNITIES TO
GIVE BACK



Opportunities To Give Back A Third Pillar of Support for Youth

The mission of Youth Unlimited Edmonton is to invest in the lives of youth by providing holistic care, mentoring relationships, safe spaces, and opportunities to give back.

Dear Friends,

Over the past couple of newsletters you have read about 2 of the "pillars of support" provided to vulnerable youth through Youth Unlimited. In this newsletter you will hear about a third pillar, "Opportunities To Give Back." Your support significantly impacts youth by providing them with opportunities to contribute positively to those around them and their communities.

How does Opportunities To Give Back influence young lives?

Youth learn valuable life skills when they volunteer including teamwork, communication, responsibility, time management, and most importantly: self-awareness, generosity, and empathy. Statistics found that youth who volunteer do better in school and are more likely to graduate. *(Since the lockdowns, there has been a dramatic increase in youth struggling to stay in school.)* One of the most valuable lessons you can teach youth to help them see beyond their own struggles is the importance of giving back.

When it comes to generosity and giving back, there are a number of ways YUE youth do so, and they can range from small acts of kindness to donating their own time, energy and resources. Your support has allowed Edmonton youth to be involved in serving at thrift stores, feeding the homeless population, cleaning our neighborhoods, visiting seniors, participating in fundraising activities, and serving their peers at our drop-ins.

Your support provides the opportunity for many positive outcomes and makes a huge difference, not just in the lives of youth but also those who benefit from these activities. Thank you for making a difference in individual lives and in our communities!

Another reason YUE loves the Giving Back principle is that it really is a reciprocal thing. In giving, we always receive as well. This is clearly evident to YUE through our amazing volunteers. We are so incredibly blessed to have many of our partners involved in directly supporting our youth through a variety of roles at our events.

One Volunteer Voice

"Volunteering is one thing that brings me happiness in life as it gives me a sense of belonging, and through it, I receive love and encouragement from my community and YU. I encourage young people to volunteer because it's a way to gain the skills and experiences needed to build your professional path.

Volunteering is like planting a seed; with time, it will grow into something beautiful."

Is Volunteering for You?

Get inspired and share in the joy by joining our Youth Unlimited team as a volunteer, but even more so, do it for the youth we serve.

Volunteers work in a variety of ways to contribute to our cause. We love to take the things you are good at and enjoy doing and find ways you can use them to serve our youth - things like cooking, playing games, doing arts and crafts, or being available to hear their stories. If you want to be involved, become a volunteer [here!](#)

You can also contribute to the greater vision of YUE by becoming a committed Board Member to serve on the YUE Board of Directors. We are especially seeking women and those with a marketing, fundraising, or social work background. Apply [today!](#)

Thank you for considering giving of your time and energy to help serve our youth. The simple truth is "the more volunteers we have, the more youth we can reach, and the more love, peace and joy gets shared with those who really need it."

GIVING BACK WIN

The Vault youth recently volunteered at the mustard seed and by the end, the youth were begging to come back and asking if we could go again next week!

We love to see the enthusiasm the youth have for giving back and are so proud of their hard work!!!

Turn Your Empty Cans and Bottles into a Donation!

Did you know that [SkipTheDepot](#) will pick up your empties and donate the funds to Youth Unlimited? Download the app and book a pickup using <https://app.skipthedepot.com/yfcedm>

Place your bags outside on pickup day and receive a refund or donate to support YUE youth programs! It's that easy. Please spread the word by sharing our SkipTheDepot posts on social media!

Use promo code **"YOUTHEDM"** and 100% of the value of your bottles will go towards YUE programming.

Donate Your PC Optimum Points to YUE

We have signed up for a **PC Optimum** account that collects points to use towards groceries for our Youth Centres. Consider **donating your PC Optimum points** to Youth Unlimited so we can buy more groceries with them. Take a screenshot of our barcode and use it when your purchase your groceries or transfer the points you already have to us.



Youth Unlimited



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YUE Shout Out

Congratulations to Zach Blais for free golf registration for our next year's golf tournament; **YOU WON!** Thank you for completing our golf challenge survey this year.

EVERY DONATION MATTERS - GIVE TODAY

Blessings,

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Development Manager

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