

# NOURISH: RADIATING WELLNESS IN HURON COUNTY YOUTH

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**GATEWAY**  
Centre of Excellence  
in Rural Health

## nourish Overview:

"nourish" is aimed at nurturing the physical, mental, and emotional well-being of youth in our community. The program's inspiration came from recognizing the unique challenges that today's youth face, including academic pressure, social complexities, mental health, substance abuse, and the impact of social media. "nourish" was born out of a deep need to better support our rural youth and stems from the idea of nourishing one's body, mind, and soul.

## Project Background:

There is currently no ongoing social space where youth can seek out free wellness support in Huron County. The goal of this initiative is to provide active practices while supplying knowledge. Specifically, these group sessions will cover; journaling, healthy eating habits, positive coping skills, slow movement, and meditation. By giving the youth in our area this knowledge, they can utilize these skills on their own and further support their community and peers.

## Project Goals:

- 01 Promote Physical Well-Being of Youth**
- 02 Promote Mental Well-Being of Youth**
- 03 Encourage Healthy Eating Habits**
- 04 Facilitate Self-Reflection & Growth**
- 05 Build Community Support Within Youth**
- 06 Expand Access to Resources for Youth**
- 07 Removed Screen Time During Sessions**

## nourish Current Stage

nourish is currently in its developmental planning stages. After receiving funding this past fall, the Gateway CERH team has been working on establishing this youth wellness program in local high schools during lunch hour. The aim of the project is to provide rural youth with a safe, comfortable space that allows them to practice slow movement (such as yoga & stretching) and possibly try something new. Following the instructor-lead yoga, youth will be mentored through a short meditation session then proceeding into individual journaling sessions.

Each session provides youth with free nourishing meals at the end. For example, we hope to have a build-your-own smoothie bowl bar, fresh-pressed juice, and granola bars to take for later. Students leave with a positive, relaxed attitude and the notebooks they wrote in to hopefully continue these healthy habits at home. These sessions will take place over an hour period, allowing students a break from social media, screens, and substance use (such as vaping & smoking).

In each notebook, we will be providing local rural youth mental health supports, should students walk away needing more support. Some of these supports include the new 9-8-8 number to text or call, Kid's Help Phone, and Huron Perth Helpline and Crisis Response Team.



Brain Health



Empowering



Youth Impact



Welcoming & Supportive