



Hello!

I am writing to offer you an exciting opportunity to support youth mental health and wellbeing in your school and offer your students the chance to connect with youth from another school in Canada.

Break The Divide (BTD), a Canadian non-profit organization has been working in the youth mental health and climate change field for over 6 years, offering programming in schools to help youth move from apathy to empathy to action. Young people are confronted with daily reminders of the imminent overwhelming nature of the climate crisis. This can lead to young people feeling disconnected from their communities and apathetic about how to make a change. Through conversation, Break The Divide seeks to create an empathy-based dialogue between youth in different communities with different experiences and understandings of climate change. As young people learn about issues in other communities, we aim to empower youth to create community-based action through empathy and dialogue.

BTD's new **Climate Emotions Program** creates space for youth (specifically, high school students) to connect and express their emotions about climate change while learning more about the lived experiences of other youth across Canada. By helping youth move from apathy to empathy to action, we can make meaningful connections and foster local solutions to the climate crisis. The Climate Emotions Program will facilitate connection sessions between February and May 2024. Each connection will be facilitated by a member of the Break the Divide team and will last about 45-60 minutes.

The connections will follow several climate-related themes and be divided into three parts. Part 1: learning about concepts which will constitute the themes of the program (e.g., climate justice, environmental community, and mental health), Part 2: connecting with another community from a different part of Canada, and Part 3: using what you learned to take local action.

The Climate Emotions Program is free, virtual, and can be adjusted to your availability and other needs as per request. At the end of the program, BTD will provide certificates to the participating schools and/or students for completing the program.

If you would like to be a part of this exciting program and support your students in



moving from apathy to empathy to action on mental health and climate change, then I invite you to register today through this [Google form](#)! The first connection will take place in February 2024, so I urge you to apply as soon as possible and spread this opportunity to those who may be interested. With your help, 14 schools across Canada will be selected to participate in the program, forming 7 pairs, and involving more than a hundred students.

Thank you very much for circulating this opportunity to your contacts, teachers and schools! Please do not hesitate to reach out to us at programs@breakthedivide.net if you have any questions about the project!

Kind regards,

Break The Divide Team

Based in what is now known as Canada on the unceded and ancestral lands of the First Nations, Inuit and Metis peoples. We respectfully acknowledge this and encourage deeper reflection and engagement with decolonization.

Break The Divide

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