

Social Media Coordinator

- [Motivate Canada Instagram](#)

Social Media Projects

Planned and Facilitated by Leisha

Young Canadians Roundtable on Health

Abortion is Healthcare Roundtable

- [Instagram Promotional Material](#)
- [Snippets of the questions](#)

Frayme

Mental Health Awareness Month

- [How to empower BIPOC youth in mental health advocacy](#)
- [How to promote self care and self compassion among youth advocates](#)

Motivate Canada

Reflections Post ViaYouth Summit 2024

- [Lessons gleaned from our storytelling workshops](#)
- [Summit's theme of "Everyone Has A Story"](#)
- [Uninterrupted Changemaker Narratives](#)
- [In the Circle of Kindness](#)