

STAFF STORY

MEET ALISON

"I've been involved with Youth Services for seven years.

I'm inspired by the youth I work with for their resiliency, self advocacy and their passion for giving back to their community. It's an honour to witness young people welcoming new youth into the centre, showing them around and providing them with a sense of belonging.

My passion is the health and well being of young people. I work to support young people to live healthy, happy lives in a way that fits for them. I bring this to my work by meeting young people where they are at, we cook, we have conversations about to how to support their mental wellness and I do my best to refer and connect youth to resources in our community to increase the number of positive adult relationships they have in their lives.

One piece of advice I would give to youth and emerging adults is to have courage to speak up for and advocate for yourself. Ask for what you need, the services you would like to see for youth in your community and continue to represent young people in a positive way in Maple Ridge."

