

WEBINAR

# Supporting Youth Wellbeing in the Climate Crisis: Critical Understandings and Hopeful Practices

## Special Guests

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### **SWELEN ANDARI**

Senior Manager, [Climate Resilience & Youth Mental Health](#),  
[Centre for Addiction and Mental Health \(CAMH\)](#)



**Swelen Andari** is the Senior Manager, Climate Resilience & Youth Mental Health at the Centre for Addiction and Mental Health (CAMH). They work with the [Youth Wellness Hubs Ontario \(YWHO\)](#) networks to co-design, implement, and scale initiatives that will foster psychological and collective wellbeing for youth in face of the climate and ecological crisis, deepen connections with the land, and create meaningful opportunities for collective action. Swelen has a decade of experience leading the implementation of system-level initiatives aimed at improving access, service design, prevention, and building leadership for youth with lived experience in the child and youth mental health system. For the last five years, they have been part of multiple local and national climate justice organizing efforts, through Climate Justice Toronto, 350's Our Time Campaign, and co-designing Common Horizon, a social movement organization aimed at reclaiming democratic power, winning real climate solutions, and securing good work and dignified lives for all.

## LAURA GLOVER

Youth Worker, Therapist, Researcher, and PhD Student,  
[School of Social Work, York University](#)



With more than 15 years of experience working in the youth work sectors in Quebec and Ontario, **Laura Glover** is deeply committed to amplifying young people's social and political priorities. Her work as a therapist, researcher, and doctoral student advocates for meaningful, agential youth participation in the climate crisis at the individual, local, and global levels, and at the same time explores the relational complexities between emotion, wellbeing, activism, and environment. From her own experience as a youth through to her present professional vantage point, Laura has never wavered in the belief that youth work spaces offer profound potential for liberation, transformation, and resistance against social and political issues that materially and affectively impact young people in their day-to-day lives. Laura's doctoral research uses participatory art-based methods to engage youth as both participants and co-researchers about the myriad ways they are impacted by, caring about, organizing against, and resisting the climate crisis and its effects on human and non-human species, and her therapy practice centers young people as experts in their personal lives and communities.

## WILLO PRINCE

Education Coordinator, [Indigenous Climate Action](#)

**Willo Prince** is the Education Coordinator with Indigenous Climate Action (ICA), an Indigenous-led organization guided by a diverse group of Indigenous knowledge keepers, water protectors, and land defenders from communities and regions across the country. Willo is part of ICA's Exploration & Blossom Pod, which is responsible for research and the exploration of programs, and building out offerings from ICA to support the vision, mission, and values of ICA to grow Indigenous leadership in climate justice.



## MARIAM SARIKAYA

Youth Climate Collective, Lakeshore Arts



**Mariam Sarikaya** is a STEM enthusiast, climate activist, and web developer. She enjoys creating projects using different coding languages, as well as graphic and 3D design. During her spare time, she plays different musical instruments, such as the piano, takes photos of nature, plays chess, and deciphers puzzles. You could find her getting lost in a book. Mariam is a member of the Youth Climate Collective, an initiative of [Lakeshore Arts](#) in Toronto that provides a space for youth ages 12-16 to explore the intersection of art and activism and the role of creativity in tackling the climate crisis.

## ABHAY SINGH SACHAL

Founder & Executive Director, [Break The Divide](#)



**Abhay Singh Sachal** is a 22-year-old Canadian whose research and work resides at the intersection of climate change, ecoanxiety, mental health, and spirituality. He is the founder of Break The Divide, a non-profit organization based on principles of environmentalism, sustainability, and reconciliation that focuses on fostering empathy and understanding to inspire local action projects in communities. Abhay is one of 10 advisors in the inaugural Environment and Climate Change Canada Youth Council, and one of 20 advisors in the United Nations Environmental Programme Faith For Earth Youth Council. Outside of his activism, Abhay is currently a student at the University of Regina, completing a Masters of Education in Educational Psychology, a public speaker on environmental and climate issues, and an avid ice hockey player and pianist.



## FRASER THOMSON

Staff Lawyer, [Ecojustice](#)



**Fraser Thomson** has worked as a lawyer for Ecojustice, a not-for-profit environmental law organization, for the last 12 years, where his work focuses on climate change and opposing fossil fuel development. He is a settler with Scottish, Irish, and French heritage. For the last five years, he has led Ecojustice's work on the Mathur litigation, a youth-led constitutional challenge to the Ontario government's climate change targets. The Mathur case, which was before the Ontario Court of Appeal in January of 2024, was brought by seven young Ontarians and was the first Charter based case to challenge a government's conduct in enabling the climate crisis. Fraser has also led a number of efforts opposing coal projects, including stopping a thermal coal export facility in Surrey, BC, coordinating Ecojustice's opposition to coal projects in Alberta and BC, and law reform projects to phase out coal mining, use, and export. He is passionate about infusing the law with environmental justice through litigation and law reform. Prior to becoming a lawyer, he was involved in various environmental and social justice organizations, and, when he's not at work, he enjoys dancing, running, playing and connecting with dogs and other humans, and being in nature.

## ROBYN KAUR SIDHU

[Spoken Word Performer](#)



**Robyn Kaur Sidhu** is a queer, mad, disabled, Punjabi poet. They hold a Bachelors of Arts in Political Science and Peace Studies from McMaster University. They have had feelings publicly, and have performed them on stages across Turtle Island and the United Kingdom. They have self published three chapbooks, and will occasionally break out into poetry on the street. They are the creative director of Hot Damn it's a Queer Slam, a member of the League of Canadian Poets, and is a former director for the Voices of Today youth poetry festival, the former Co-chair Communications of SpeakNORTH, and a former spoken word teaching artist with the Hamilton Youth Poets. They are a youth arts educator of consent, race, 2SLGBTQ+ identity, poetry, and visual arts. They are trying to be the adult they needed as a kid.