This affirmation deck was created at SOY Lead, a pilot peer leadership program at Sherbourne Health running from April 30 to Sept 12, 2019. The 8 youth in this program created this deck as a way for us to showcase some of the community and resilience that we built together.

We know that not all of these cards will speak to everyone but we do hope there is a card that feels like it’s made for you. These affirmations, ideas, and phrases reflect our thoughts and feelings captured during the 20 week program that we wanted to share.

SOY Lead covered modules in Social Justice, Trauma-Informed Support, 1:1 Support, Health Promotion, Facilitation, Arts-Based Programming and Evaluation
It’s okay to not be okay
Your feelings matter
You are valid
If you hold on to negative people, you are not making space for your chosen family.
My self care matters
Surviving is equally as important as thriving and not thriving does not mean you are not valuable
Only your mind lies,
your body is always honest,
listen to it!
You are not taking up space, you are ENTITLED to space.
It’s valid to be uncomfortable even if the world tells you it’s not
All bodies are good bodies
Trust yourself
Everyone has a gift
but not everyone
opens their package
Proud of you
Be Patient and tough, some day this pain will be useful to you
Power within will always be met with gratitude
Honouring our stories takes courage
Write from your heart
You are not good because of what you do. You are important because you exist.
Appreciate the ability to listen, be heard and allow spontaneity to flow
No one can tell you who you are only you can tell the world
Life is hard, yes, but you are strong and here now
Congratulations!
You woke up today!
You’re never alone. Some people may not understand but someone will.
Be proud of the small things
Listen to an album start to finish
My power comes from...
Be accountable with your privilege
Being called in is an act of care
You are the author of your own story
BE YOU!
My boundaries are good boundaries
Community supports are often hard to access, don’t give up!
It is vital to interview your therapist.
It’s not you, it’s the clothes
Your body is beautiful, the mall is out-dated
You do not need dating apps to affirm that you are desirable
Do not assume in queer spaces
All food is good food
Let yourself feel emotions
Breathe