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For Immediate Release

YMCA of Northeast Avalon inspires peace building during YMCA Peace Week

St. John's, NL - November 18, 2013 – Each of us has the potential to be a peace builder in our daily life as emphasized by the theme of YMCA Peace Week, “ymca inspire peace. Think it, Say it, Do it!” From November 16-23, 2013 the YMCA of Northeast Avalon, together with YMCAs across Canada, offers activities that help children, youth and adults explore peace from a personal, community, and international perspective.

“In today’s globalized world, we are connected to each other more than we may realize. YMCA Peace Week helps remind us that we can each play a part in making our communities healthier and more peaceful.” says Michelle Northover, Interim CEO, at the YMCA of Northeast Avalon.

Although peace building is part of the YMCA of Northeast Avalon’s year round programs, YMCA Peace Week highlights exploration of the many dimensions of peace. Young Canadians are particularly encouraged to discuss peace issues and connect with others who can support their desire to work for positive change.

“Through sharing the message of YMCA Peace Week we hope to inspire others to actively promote peace, locally and globally.” says Ms. Northover, Interim CEO.

A YMCA Peace Building Activity Guide was created to help children, youth and adults explore topics such as conflict resolution, cooperation, environmental awareness, and the connections between local and global issues. Parents and educators are encouraged to log on to www.ymca.ca to download this free Guide.

A special highlight of the week is the presentation of the YMCA Peace Medal to an individual or group who, without any special resources, demonstrates a commitment to peace through special contributions made within their community or overseas.

Join us for Yoga for Peace Friday, November 22, 2013, 10:30-11:30am at the Ches Penney Family Y gymnasium, 35 Ridge Road. At 11:30am the YMCA of Northeast Avalon will recognize Jill Rowe and Remzi Cej as this year’s YMCA Peace Medallion recipients.

As a values - based charity dedicated to health promotion and healthy living, the YMCA of Northeast Avalon serve people of all backgrounds, abilities and stages of life. The YMCA of Northeast Avalon is a charity that provides opportunities for all to grow in spirit, mind, and body.



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