

Highlights

July 2024 - Issue 83

Y'EXPLORE '24: Let the Games Begin!



Our season of fun and games began this month as we bring over 15 activities, workshops and wondrous events to the youth of our islands...all completely FREE of charge.

Co-funded by APS Bank and Aġenzija Żgħażaġħ, this year's Y'EXPLORE is about providing youth with exciting opportunities for personal growth, encouraging their interests, and giving them a wonderful time along the way!

There are still activities open for August and September, but spots are filling up fast. Register using the link below.

For more information, contact Kyle: kyle.ymcamalta@gmail.com

[Sign Up](#)

A Night to Remember: Rock in the Forest



It's starting to get very exciting! On August 31st we are gonna' rock Chateau Buskett with a night of classic rock and contemporary music!

With covers by AC/DC, Guns & Roses, Green Day, Alice Cooper, Metallica, Nirvana and many more, we dare you to not to rock out and sing along.

The bar and Restaurant will be open all evening and while general standing space is available, early bookings for those who would like a table is advisable. Diners can book a table by sending a private message here, or by emailing here.

Tickets are available on showshappening.com for €12.00 + €1.20 booking fee. Or come as you are...and buy a ticket at the door.

[Buy Tickets](#)

WANTED: YOU for the YWCA!

Our wonderful friends at YWCA Malta are on the lookout for dedicated volunteers to empower vulnerable women with educational skills and help them overcome their challenges.

If you are looking for a way to get involved in your community and shine your light bright before others, consider joining the YWCA Malta. You can contact them using the info below:

Email: ywcamalta5@gmail.com

Telephone: +356 7900 2930

A recruitment poster for YWCA Malta. The poster features the YWCA Malta logo in the top left corner, with 'ywca' in blue and 'Malta' in a light blue script. Below the logo, the word 'WANTS' is written in large, bold, blue capital letters. To the right, the word 'YOU!' is written in large, bold, purple capital letters with a blue outline, slanted upwards. In the bottom left, there is a blue silhouette of a person's head and shoulders, holding a megaphone. In the bottom right, the text 'JOIN NOW!' is written in large, bold, blue capital letters. Below this, the contact information is listed: '+356 7900 2930' and 'ywcamalta5@gmail.com'. The entire poster is enclosed in a purple rectangular border.

ywca *Malta*

WANTS

YOU!

JOIN NOW!

+356 7900 2930
ywcamalta5@gmail.com

Need to Talk? Psychotherapeutic Services





This month our ever-growing volunteer team of warranted & trainee psychotherapists, counsellors, and family therapists met at the Valletta Design Cluster. It was an opportunity to celebrate and further plan the mental health care they are providing for the community.

Our Psychotherapeutic Services team provides psychotherapy, family therapy and counselling sessions to clients who wish to work on themselves and improve their overall mental health. This is offered against a €10.00 donation per session, which covers the upkeep of the premises and the coordination of the service. However, this can be waived for clients who genuinely cannot afford it.

If you would like to access this affordable therapy option, get in touch using the link below.

[Get in Touch](#)

Representing Malta: World Youth Skills Day

World YMCA has paired up with Deloitte to produce two guides for youth and their allies to utilise when navigating employment in a vastly changing work ecosystem.

Your very own YMCA Malta was one of the proud contributors to these two illuminating reports, which engaged 10,110 youths from 127 countries under the guidance of over 90 YMCA staff and volunteers.

In these uncertain, technological times, what do you think the value of youth looks like, both now and in the future workplace?

[Access Reports](#)

PRIDE: Supporting Those Coming Out

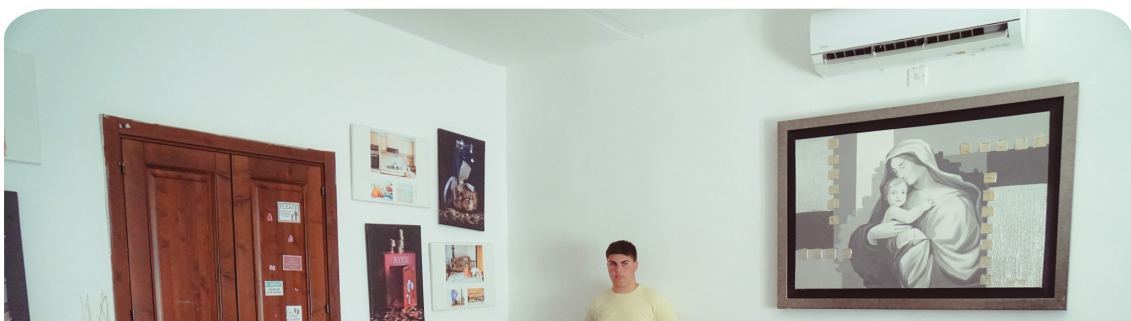
Our mission is to help the vulnerable, and empower youth to soar! We assist everyone, irrespective of their mental and physical abilities and without any discrimination to gender, ethnicity, age, nationality, religion, sexual orientation or political opinion.

We are very proud to have participated in a panel hosted by financial advisory firm Alter Doma as part of Pride Celebrations. Our Youth & Family Coordinator discussed sexuality and the coming out process from a psychological and psychotherapeutic perspective.



Face to Face: Qala Parish Visits Our Shelters

YMCA Malta joined forces with Qala Parish to engage youth with the reality of being homeless. On a visit to our shelters, young students met with our staff who enlightened them about a social ill afflicting those in their own backyard. Moments like these are a powerful way to bring people together, growing compassion and empathy by sharing human stories.





Thank you/Grazzi ħafna

Tapp Water Malta

For donating and installing a state-of-the-art water filter at our Drop-in Centre. If you're looking for an alternative to bottled water that combines first-class service with the most advanced water filtering technology, check out <https://tappwater.mt/>

Water Donations

All those across Malta who answered our call for water donations. Our Drop-in Centre in Ħamrun is much better off thanks to your love of community and your generosity.

Needs Support Programme

The support of the following organisations is ongoing in our [Needs Support Programme](#):

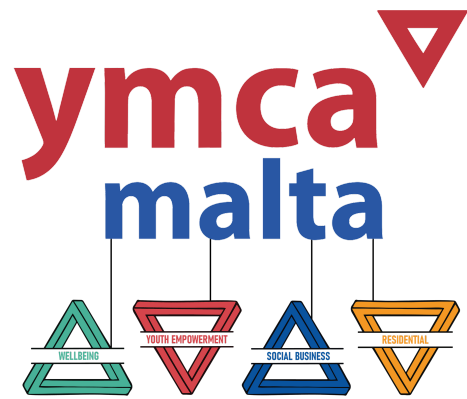
- Hartons
- Victory Kitchen
- Malta Food bank
- The Alfred Mizzi Foundation
- TTBL Limited
- Panku Streetfood
- ST Media Company Limited
- Maypole

An enormous thank you to these organisations. Your philanthropy is much appreciated.

If you or an organisation you work for would like to contribute to the Needs Support Programme and help us gather food and other essentials for our programmes, please do not hesitate to contact us.

Thank you

If you would like to support us further, click [here](#)



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