



Goderich Beach Clean-up

Join us!

Date: Saturday, April 20th, 2024

Time: 10:00am - 1:00pm

Location: St. Christopher's Beach, Goderich

RSVP

We're celebrating Earth Day a little early this year! Join us for a fun, family-friendly beach clean-up to help keep Lake Huron free of plastic pollution and protect wildlife. Also enjoy a beach BBQ courtesy of Zehrs!

Last year, 180 volunteers removed 600 pounds of litter from the Goderich shoreline. Help make this year another success!



Support Lake Huron Coastal Centre, Support Lake Huron

The Goderich shoreline clean-up is our **biggest fundraiser** for the year. Our charitable conservation programs provide communities with free and unique opportunities to connect with nature for the betterment of Lake Huron. These programs include beach clean-ups that **directly improves the health of beaches and wildlife**. Our Coastal Conservation Youth Corps **empowers youth to learn about the coastal environment** while building leadership and communication skills. And our Coast Watchers community science program that encourages **250+** volunteers to collect data about the shoreline. To support our work, click the button below.



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Thank you to our incredible sponsors and partners!



Good Mental Health and Nature

Spending time in nature is scientifically linked to having benefits to our mental health by improving mood and focus while lowering heart rate. These benefits have shown to particularly help with anxiety and depression. Therefore, partnering with the Tanner Steffler Foundation (TSF) this year for our Goderich beach clean-up was a natural fit. They work to to enhance and improve mental health, addiction resources and support networks for youth, while LHCC strives to connect communities with nature in a meaningful way.

Today's adolescents are maturing in a rapidly changing and complicated world; one that may be anxiety inducing and seem overwhelming. With the complex interplay between their personal development and their environment, youth can be impacted by environmental influences. With issues like plastic pollution and climate change having an effect on shoreline environments, it is reasonable to hypothesize that stressors to environmental health also cause youth anxiety. Lake Huron Coastal Centre provides youth and communities with the opportunity to enact positive change on the foundational issues facing Lake Huron through beach clean-ups, youth education and shoreline data collection. This empowers people to become part of the solution to the complicated and overwhelming issues that can be at the root of anxiety.

Lets Hear from the Youth Advisory Council at the Tanner Steffler Foundation

Lucy has been with the TSF Youth Advisory Council for three years and played a key role in facilitating this partnership.

The idea sparked from her passion for the environment while wanting to leverage the the Youth Advisory Council's voice to speak out on important topics connected to mental health.

"When I think about our environment and our



mental health, the two go hand in hand. Growing up, I remember when I first started having panic attacks as a kid, it was always about the environment. My dad was watching those shows with catastrophes happening because of the environment. Having this event, and this partnership, will be a great opportunity for us to speak up while being proactive." - Lucy.



Amelia is one of the Chairs for the Youth Advisory Council and has been part of the program for two years.

"When I first heard Lucy talk about this opportunity during one of our meetings, I was super excited to actually put an initiative forward. The idea developed into us exploring the relationship between nature and our mental health and wellbeing. For me, it's the idea of having a community that isn't closely knit to each other come together for a common goal. It will be nice to get to know each other throughout the day, and talk about real life things. Being able to have this partnership between LHCC and TSF allows us another avenue to discuss mental

health, and help get rid of that stigma."- Amelia.

Lexi is a co-op student with TSF. Her involvement started by organizing events, which grew into a seat on the Youth Advisory Council.

"I've grown up in Bayfield, which is right on the lake, so I've been surrounded by the water and we've always gone to the beach on a nice Saturday. It's been a staple for my family and I. Growing up and realizing what was happening to our environment from a young age has sometimes created this fear of looking into the future, and thinking of what the future of our environment will be if we don't at least try to make an impact." - Lexi.



Support our
work

RSVP to the clean-
up!

Earth Day Program: Planet Vs. Plastic

Presented by Bruce County Museum & Cultural Centre

The Bruce County Museum & Cultural Centre, in partnership with Bruce Power, is proud to present 2024's digital Earth Week Program: Planet Vs. Plastic. Visit the [Museum's Earth Week Webpage](#) **the week of April 22nd** to access special video presentations prepared by our guest experts from the Lake Huron Coastal Centre and the Bluewater Outdoor Education Centre.

Each video presentation will include downloadable challenges that you can complete from home or in the classroom. This program is designed for grade 6 students and covers a variety of topics that impact local habitats and biodiversity, and addresses what we can all do to help.

[Website](#)

The Lake Huron Coastal Centre is a registered charity founded in 1998 with the goals of protecting and restoring Lake Huron's coastal environment. We are the voice for Lake Huron.

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www.lakehuron.ca

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