



University of
Lethbridge

NEWS RELEASE

For immediate release — Monday, April 28, 2025

Ladan Yousef's dedication to health care outreach to be honoured with University of Lethbridge Volunteer Award

Calgary-based student's volunteer efforts impact both Lethbridge and Calgary communities

An outstanding and hardworking student, Ladan Yousef has demonstrated how much she cares for her community by contributing more than 300 volunteer hours while pursuing a Bachelor of Health Sciences in Public Health and working full time. Yousef will be honoured with the University of Lethbridge Volunteer Award at Spring 2025 Convocation.

Based in Calgary, Yousef, a licensed practical nurse, has volunteered with BeTheChangeYYC for three years, starting as a street outreach volunteer and rising to a paid team lead position. She and her team provided necessities like food, water and hygiene supplies, as well as harm reduction, wound care, referrals and emergency medical responses such as overdoses, to Calgary's unhoused population. She continues to freely give her time to organizing fundraisers, creating educational materials and attending meetings. Yousef has also served as the medical team lead at a biannual event called the Pop-Up Care Village. This one-day event provides basic services like health care, clothing, haircuts, food and case management. In addition, she volunteers with other community groups such as the Salvation Army, the Centre for Newcomers, the ULethbridge public health student club and Diabetes Canada during their children's summer camp.



These volunteer efforts make her an exemplar and allow her to give back while using her knowledge and skills to make a difference in people's lives. She advocates for those who don't have a voice to help create awareness and health equity. Ultimately, her goal

is to dismantle structural and systemic barriers so marginalized groups can access the care they need.

Above and beyond her volunteer work, Yousef is employed full-time and attends school at night. Being part of a visible minority group, Yousef sees pursuing a post-secondary education as a privilege and is grateful for the opportunity, knowing her parents risked their lives for the rights and freedom she now enjoys.

For her final practicum placement, Yousef was with ARCHES, a not-for-profit organization in Lethbridge that works to reduce the harm associated with HIV/AIDS, Hepatitis C and other chronic health conditions. As part of her practicum, Yousef organized a harm reduction booth as part of a film screening project looking at the impacts of drug poisoning on the Blackfoot Reserve.

Through all these experiences, Yousef has demonstrated a mature attitude in her studies, always seeking to learn more and expand her horizons. During the course of her studies, she's also become increasingly interested in conducting research. She has shown dedication in reaching her career goals and plans to complete a master's degree in public health and ultimately pursue a career in medicine.

Yousef will receive the University of Lethbridge Volunteer Award at Spring 2025 Convocation Ceremony 2, Thursday, May 29, 2025, at 2:30 p.m. in the ULethbridge Sport and Wellness Centre gymnasium. For more information on Spring 2025 Convocation, visit [ulethbridge.ca/convocation](https://www.ulethbridge.ca/convocation).

To view online: <https://www.ulethbridge.ca/unews/article/ladan-yousef%E2%80%99s-dedication-health-care-outreach-be-honoured-university-lethbridge-volunteer>

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Our University's Blackfoot name is Iniskim, meaning Sacred Buffalo Stone. The University is located in traditional Blackfoot Confederacy territory. We honour the Blackfoot people and their traditional ways of knowing in caring for this land, as well as all Indigenous Peoples who have helped shape and continue to strengthen our University community.