

### **DROP-IN YOUTH CENTRES**

Youth ages 12-18 are invited to join us at our fully staffed Youth Centres! Please check our website to confirm our hours.

FREE	ARC	MRC		
Mon-Thurs	2:30-4:30pm	2:30-4:30pm		
Friday	2:30-8:00pm	2:30-8:00pm		

\*\*Special Spring Break Hours\*\* (March 18 - 22)

Mondays-Fridays @ 12:30-4:30pm at ARC & MRC March 25 to April 1 - CLOSED at ARC & MRC

### LEADERSHIP PROGRAMS

### YOUTH CENTRE LEADERSHIP TEAM

- Youth ages 12 18
- Wednesdays @ 4:30 PM 5:30 PM
- at BOTH Youth Centres!

#### (IN)VOLVED

• Email us for more info!



Ages 12-18, @ ARC Youth Centre

Play basketball, badminton, nine square, soccer, volleyball, & more!

Tuesdays & Thursdays, 3:15 - 4:30 PM.

\*Please check the calendar on our website to confirm our hours!









ARC Youth Centre: 2499 McMillian Rd Our entrance at ARC is facing the large fields and up a few stairs!

MRC Youth Centre: 3106 Clearbrook Rd Our entrance at MRC is near the skating rink, up the red stairs!

AYC's Office: P208 - 33355 Bevan Ave We're in the Sweeney Neighbourhood Centre.

### FOLLOW US ON SOCIAL MEDIA TO STAY UP TO DATE WITH EVERYTHING #AYC!





## SPRING BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	(MARCH 18)	(MARCH 19)	(MARCH 20)	(MARCH 21)	(MARCH 22)
ARC (2499	12:30-	12:30-	12:30-	12:30-	12:30-
MCMILLIAN RD)	4:30	4:30	4:30	4:30	4:30
MRC (3106	12:30-	12:30-	12:30-	12:30-	12:30-
CLEARBROOK RD)	4:30	4:30	4:30	4:30	4:30

MARCH 23 - APRIL 1: CLOSED





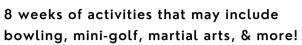


# REGISTERED PROGRAMS

**REGISTER ONLINE HERE!** 

### **YOUTH NIGHT**

[AT] VARIOUS LOCATIONS \$50 - AGES 12 - 16



- Tuesdays @ 7 PM 8:30 PM starting on April 9
- Thursdays @ 7 PM 8:30 PM starting on April 11





[AT] ARC YOUTH CENTRE - \$50 - AGES 14 - 18

- Earn volunteer hours & level-up your leadership skills by planning a BC Youth Week event with us!
   Participants will receive a certificate & a T-shirt.
- Thursdays @ 4:30 PM 5:30 PM, from April 4 to 25

# FOCUS: A MENTAL HEALTH & RESILIENCE GROUP

[AT] MRC YOUTH CENTRE \$35 - AGES 13 - 16

FOCUS is a mental health group where youth have an opportunity to engage in a set of 7 workshops which explore a variety of different topics, including resilience, emotions and feelings, coping strategies, anxiety, stress and self-care.

- Thursdays @ 5 PM-6:30 PM from
- May 9 June 20

## [AT] ARC YOUTH CENTRE \$65 - AGES 11 -15

This Red Cross Babysitters program will teach youth the skills to care for infants to school-aged children and help youth become a responsible babysitter. Certificate provided upon completion.

- March 18-21 @ 10AM 12PM
- April 26 @ 9AM 4:30PM
- May 17 @ 9AM 4:30PM



FOODSAFE COURSES

[AT] MRC YOUTH CENTRE

\$80 - AGES 14 - 18

This level one course is for food service front-line workers such as bus persons, servers, dishwashers and cooks. FOODSAFE certificate with successful completion.

March 23 @ 9AM - 5PM

April 26 @ 9AM - 5PM

May 17 @ 9AM - 5PM

#### **HOW TO REGISTER FOR OUR PROGRAMS:**

- Go to www.abbyyouth.com and click
   "Register Online".
- **2.** On our SmartRec page, make an account under the caregiver's name, the caregiver will become the "**Account Owner**".
- **3.** Under the caregiver's account, add your youth(s) by clicking "Members" and the "Add Person". Now fill in your youth's information.
- **4.** Once the account is created continue to the registration page to register your youth. Choose the program then click the **blue person icon**, then select your youth as the "Member".
- **5.** Continue to the checkout to fill in the youth's info and payment information. \*Please contact our office if financial assistance is needed



