

WINTER 2024



# Whatz Up



@ THE ABBOTSFORD YOUTH COMMISSION

## 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.



### LOCATION LOCATION LOCATION



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.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ARC (2499 MCMILLIAN RD)	2:30-4:30	2:30-4:30	2:30-4:30	2:30-4:30	2:30-8:00
MRC (3106 CLEARBROOK RD)	2:30-4:30	2:30-4:30	2:30-4:30	2:30-4:30	2:30-8:00

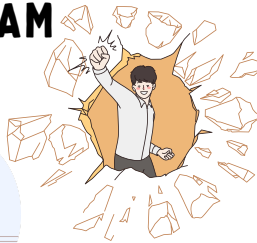
## LEADERSHIP PROGRAMS

### 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!



## FREE OPEN GYM

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!



## SPECIAL EVENTS

### WINTER BREAK

- Youth Centres are open until Dec 22
- Youth Centres are back on Jan 8
- Winter Party: TBA

### SPRING BREAK

- From Mar 18 - 22, Youth Centres are open from 12:30 PM - 4:30 PM
- Centres are closed from Mar 25 & will be back on April 1



Abbotsford Youth Commission  
778-880-8559 | info@abbyyouth.com  
www.abbyyouth.com



# REGISTERED PROGRAMS

REGISTER ONLINE HERE!

## YOUTH NIGHT

[AT] VARIOUS LOCATIONS

\$50 - AGES 12 - 16

8 weeks of activities that may include bowling, mini-golf, martial arts, & more!

- **Tuesdays @ 7 PM - 8:30 PM** starting on January 23
- **Thursdays @ 7 PM - 8:30 PM** starting on January 25



## FOODSAFE - FRASER HEALTH

[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.

- **February 16 @ 9AM - 5PM**
- **March 23 @ 9AM - 5PM**



## FOCUS: A MENTAL HEALTH & RESILIENCE GROUP

[AT] ARC YOUTH CENTRE

\$35 - AGES 13 - 16

FOCUS is a mental health and resilience group where youth can engage in a set of 7 workshops which explore various topics, including self-awareness, thinking traps, boundary setting, anxiety, and stress.

- **Thursdays @ 5 PM-6:30 PM**
- **from Feb 1 - March 14**



## BABYSITTERS - RED CROSS

[AT] ARC YOUTH CENTRE

\$65 - AGES 11-15

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

- **January 13 @ 9AM - 4:30PM**
- **February 16 @ 9AM - 4:30PM**
- **March 18-21 @ 10AM - 12PM**



## L.E.A.D. - LEAD, EXPLORE AND DEVELOP

[AT] ARC YOUTH CENTRE

\$50 - AGES 14 - 18

- **Thursdays @ 4:30 PM - 5:30 PM, from April 4 to 25**
- **Volunteer hours can be earned.**
- **Each participant will receive a certificate & a T-shirt.**

## HOW TO REGISTER FOR OUR PROGRAMS:

1. Go to [www.abbyyouth.com](http://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

