




FREE 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.

	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	2:30-6:00
MRC (3106 CLEARBROOK RD)	2:30-4:30	2:30-4:30	2:30-4:30	2:30-4:30	2:30-6:00

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.

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



FREE DINNER NIGHT

Ages 12 - 18, @ BOTH Youth Centres
Various dates

Help prepare (and eat) dinner for yourself and the youth centre. Once a month on a Friday we have free, tasty, and nutritious meal at the centres where youth get a chance to connect with their peers and enjoy a great meal together.

FREE OPEN GYM



Ages 12-18, @ ARC Youth Centre
Tuesdays & Thursdays, 3:15-4:30pm

Play basketball, badminton, nine square, soccer, volleyball, and more! Entrance through the youth centre.

YOUTH CENTRE LEADERSHIP TEAM

Ages 12 - 18, @ Both Youth Centres
Wednesdays, 4:30-5:30PM

This group meets once a week to learn new leadership skills, meet new friends, and have a say about what activities happen in our Youth Centres. Talk to a Youth Worker in the centre to sign up!

YOUTH NIGHT

AGES 12-16

Youth Night is an eight week recreation program for youth 12-16. Every week youth have the opportunity to try a new active, social, and fun activity in a lively and supportive group atmosphere. Activities vary by season, but usually include activities like martial arts, bowling, laser tag, and more!




TUESDAY YOUTH NIGHT - \$50
Tuesdays, 7-8:30pm | Jan. 20 - March 10

THURSDAY YOUTH NIGHT - \$50
Thursdays, 7-8:30pm | Jan. 22 - March 12

FOCUS

Ages 13 - 16, @ ARC Youth Centre - \$40
Wednesdays, 4:30-5:30PM Jan. 21 - March 4

FOCUS is a mental health and resilience 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, stress, and self care.





LIFE SKILLS PROGRAMS



FRASER HEALTH FOODSAFE

[AT] MRC YOUTH CENTRE

\$80 - AGES 14 - 18

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

- January 24, 9AM - 5PM
- February 13, 9AM - 5PM
- March 23, 9AM - 5PM



REDCROSS BABYSITTERS

[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 successful completion.

- January 24, 9AM - 4PM
- February 13, 9AM - 4PM
- March 23, 9AM - 4PM



LEADERSHIP PROGRAMS

LOOKING FOR VOLUNTEER HOURS? GET INVOLVED.

Involved is a program that exists to connect, provide, and support the youth of Abbotsford with volunteer opportunities. Sign up today at abbyyouth.com/involved and we'll email you youth volunteer opportunities as they become available.



SOUP WITH SENIORS VOLUNTEERING



Youth ages 12 - 18 @ MRC Senior's Centre
Feb. 6, 2:30-6:00PM

Come volunteer with the AYC at our Soup with Seniors Event. The AYC is hosting a meal with the 55+ group at the MRC Seniors Centre. Volunteers will get the wonderful opportunity to help prepare a meal, serve soup, and connect with the 55+ group throughout this intergenerational event. Come gain volunteer hours in a supportive, inclusive environment and help make a positive difference in your community!

There will be a short volunteer training before the event, followed by event set up, dinner and clean-up.

Cost: \$10 / person – complete the whole day and receive a \$10 gift card.

HOW TO REGISTER FOR OUR PROGRAMS:

1. 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.



L.E.A.D.

(LEAD, EXPLORE, AND DEVELOP)

Youth ages 14 - 18 @ ARC Youth Centre
Thursdays in April, 4:30-5:30PM - \$50

Youth will learn leadership skills by helping to plan and deliver an event during BC Youth Week May 1 – 7. Each participant will earn volunteer hours, receive a certificate, and a t-shirt.



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

