

Preteen & Youth

Fall 2016

Steveston Community Centre



REDMS# 5157483



4111 Moncton Street

Richmond, BC

V7E 3A8

604-238-8080



Steveston Youth Development Coordinator

Andrew Chornohus

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Email: achornohus@richmond.ca

City of Richmond Youth Staff Team

Advisor Youth Services: 604-276-41110

Roving Outreach Worker: 778-870-3453

Roving Outreach Worker: 604-516-9538

Nightshift and Nightshift Basketball

NightShift is a safe and open place to hang out with friends or meet new ones. At NightShift, participants will be able to enjoy pool, foosball, games, food, movies, and more. Special activities will also be planned regularly.

Friday	8:00-11:30pm
Games Room	Cost: FREE

Nightshift Basketball:

Friday	8:00pm-11:30pm
Youth: 13-17 - \$2.40/Person	
Adult: 18-25 - \$4.90/Person	

Preteen and Youth Resources

Richmond Youth Service Agency (RYSA)

Richmond Youth Services Agency is a leading provider of programs and services that are responsive to the diverse needs of children, youth and families in Richmond, BC.

Address: **#100 - 7900 Alderbridge Way**

Telephone: **604-271-7600**

Website: **www.rysa.bc.ca - info@rysa.bc.ca**

Richmond Youth Clinic

These clinics provide free and confidential health counselling, birth control, pregnancy tests, pregnancy counselling, testing for sexually transmitted infections, and help with personal/school problems to youth up to age 21 years. Services are free and confidential. All genders welcome.

East Richmond Community Hall

12360 Cambie Road

Drop-in & appointment: Tuesday 1:00pm-4:00pm

Richmond Place

8100 Granville Ave

Drop-in & appointment: Wednesday 2:30pm-5:00pm

By Appointment only: Monday 2:30pm-5:00pm

Friday 1:00pm-4:00pm

Telephone: **604-233-3204**

Website: **www.vch.ca/your-health/youth**

Preteen and Youth Resources

Richmond Addictions Services Society (RASS) Counselling

RASS offers individual and family counselling, outreach counselling and case management to seniors at home, addiction education seminars, support groups as well as the Constructive Alternative to Teen Suspension (CATS) program with the Richmond School District. They involve youth and family members in the entire process of counselling to attain the most desirable of outcomes. Their programs also incorporates alternative approaches such as yoga, meditative practices and ear acupuncture when possible. RASS will be able to make referrals to residential treatment facilities in Vancouver throughout BC.

Address: **#200 - 7900 Alderbridge Way**

Telephone: **604-270-9220**

Richmond Food Bank

The Food Bank offers grocery parcels to Richmond residents during four distribution times every week.

Tuesday: 3:30pm to 5:00pm

Peace Mennonite Church - **11571 Daniels Road.**

Wednesday & Thursday: 11:00am-1:00pm and

Thursday: 6:00pm-7:00pm

Main Office - **#100 - 5800 Cedarbridge Way**

Phone: **604-271-5609**

Website: **info@richmondfoodbank.org**

Games Room Pass

Games Room Pass	Youth 13-17	Adult 18+
Drop-in	\$2.35	\$2.35
1 Year	\$7.00	\$13.00

- Get access to our pool tables, foosball and other equipment within our games room.
- Games room access subject to change and availability.
- Programs take precedent over games room drop-in.

Youth In the Fitness Centre

Youth 13 to 17 years old are encourage and welcome to use City of Richmond recreation facilities with the following requirements:

- Submission of a completed and signed Parental Consent Form and PARQ+ Form found at www.richmond.ca/fitness.
- Completion of a Youth Orientation session*

*Those 13 to 15 years are required to take this session regardless of previous weight training experience. A session is not required for those 16 to 17 years with previous weight training experience if noted on the signed Parental Consent Form. However, a meeting with a Fitness Attendant to read and sign a Fitness Centre Etiquette form is mandatory. Sessions are free with admission and can be booked at any facility. Parental consent only need to be completed once and are transferrable to all City of Richmond recreation fitness centres.

Youth Gym Drop-in

All youth gym drop-in is \$2.40/person

Badminton

Wednesday: 3:30pm-5:30pm

Basketball

Thursday: 7:30pm-9:30pm

Open Gym

Sunday: 4:30pm-6:30pm

Tuesday: 7:30pm-9:30pm

Saturday: 5:00pm-6:30pm

Preteen (9-12 Years) Drop-in

Preteen Hangout

Monday 3:00-5:00pm
Games Room \$2.40/Person

Drop-in to these social and recreational sessions that include video games, snacks, billiards, theme nights and much more.

Preteen Leadership

Wednesday 4:30-5:30pm
Games Room Cost: **FREE**

Develop important leadership skills and gain volunteer hours by planning and engaging in vents and activities within the Steveston area. Members meet once a week to plan events, try new activities, earn volunteer hours and gain leadership experience.

Preteen and Youth Resources

Kids Help Phone

Kids Help Phone has phone and web counselling for people age 20 and under. It is a free service and lines are open 24 hours a day, 7 days a week. Kids Help Phone is anonymous, confidential and non-judgemental.

Telephone: **1-800-688-6868**

Website: **www.kidshelpphone.ca**

PLEA

PLEA offers a continuum of services for young people whose substance use is problematic. All these services use their unique family care model so that youth can remain connected the community, and they can provide the individualized services and support the youth's need to achieve their goals.

- Youth Detox
- Daughters & Sisters Addiction Treatment for Teen Girls
- Waypoint Addiction Treatment for Teen Boys
- Supported Recovery

Address: **3894 Commercial Street, Vancouver**

Telephone: **604-871-0450**

Website: www.plea.ca - Email: info@plea.bc.ca

Preteen and Youth Resources

CHIMO Youth Counselling

Free, short term counselling with qualified counsellors is provided to youth 13 to 19 years old who are experiencing crisis in daily living. Crisis could include:

- Feeling stressed, depressed and/or anxious.
- Having problems with family members and friends.
- Facing situations of bereavement or loss.
- Being at risk for suicide.

Talks for groups can be arranged. Parent and professional consultations are also available.

Address: **#120 - 7000 Minoru Boulevard**

Mon to Fri

9:00am-4:30pm

Telephone: **604-279-7077**



Youth (13-18) Drop-in

Youth Council

Wednesday

3:30-4:30pm

Cohoe Room

Cost: **FREE**

Develop leadership skills, gain volunteer experience and give back to the community with this program. New members are always welcome!

All councillors will be eligible to receive volunteer hours.

Registered Preteen Programs

Basic Cooking Skills - 9-12 Years

Mon-Tues

Dec 19-Dec 20

5:30-7:00pm

#1592888

\$84.00/7 Sess

Drawing and Painting - 9-12 Years

Tuesday

Sep 27-Nov 8

6:30-7:30pm

#1605838

\$42.00/6 Sess

Floor Hockey - 9-12 Years

Friday

Sep 16-Dec 2

4:00-5:45pm

#1588536

\$93.95/11 Sess

Guitar - Level One - 9-12 Years

Saturday

Sep 17-Nov 5

1:00-2:00pm

#1605788

\$56.00/8 Sess

Hip Hop - Beginner - 9-12 Years

Friday

Sep 23-Nov 4

5:00-6:00pm

#1605438

\$49.00/7 Sess

Registered Preteen Programs

Indoor Rock Climbing Trip - 9-12 Years

Friday November 18 9:30-3:30pm
#1606193 \$48.00/1 Sess

Knitting - 8-12 Years

Thursday Sep 15-Oct 20 4:00-5:00pm
#1520208 \$42.00/6 Sess

Thursday Oct 27-Dec 1 4:00-5:00pm
#1520209 \$42.00/6 Sess

Knitting - Beyond Beginners - 8-12 Years

Thursday Sep 15-Oct 20 5:15-6:15pm
#1520210 \$42.00/6 Sess

Thursday Oct 27-Dec 1 5:15-6:15pm
#1520211 \$42.00/6 Sess



Preteen and Youth Resources

BC Problem Gambling Helpline

Free, confidential, non-judgemental support by a professional counsellor is available 24/7 if you or a loved one is struggling with gambling.

Telephone: **1-800-795-6111**

Website: **www.bcreponsiblegambling.ca**

CHIMO Crisis Line

Free, confidential and non-judgmental emotional support provided 8:00am to midnight, seven days a week. The Crisis line provides triage and direct links for callers to Richmond mental Emergency Services when needed.

Telephone: **604-279-7070**



Registered Youth Programs

Youth Integration (SUP) - 13-18 Years

Tue/Thurs Sep 13-Dec 1 3:00-6:00pm
#1520452 \$240.00/24 Sess

Check out this program tailored to high functioning youth with cognitive delays or social impairment that offers fun social outings and activities focused on the development of positive social interactions.



Registered Preteen Programs

Singing - Youth Voices - 10-15 Years

Tuesday Sep 13-Dec 13 7:30-8:30pm
#1520258 \$98.00/14 Sess

Sockeye Run Car Show & Shine - 5-15 Years

Saturday December 3 7:30-8:30pm
#1520264 FREE

Winter Daycamp - Adventure Camp - 9-12 Years

Mon-Fri Dec 19-Dec 23 9:30-3:30pm
#1520183 \$174.00/5 Sess

Winter Daycamp - Adventure Camp - 9-12 Years

Wed-Fri Dec 28-Dec 30 9:30-3:30pm
#1605888 \$104.00/3 Sess

Winter Daycamp - Single Day - 6-12 Years

Mon Dec 19: 8:30-4:00pm **#1520175** \$27.00/1 Sess
 Tues Dec 20: 8:30-4:00pm **#1520176** \$37.00/1 Sess
 Wed Dec 21: 8:30-4:00pm **#1520177** \$37.00/1 Sess
 Thurs Dec 22: 8:30-4:00pm **#1520178** \$27.00/1 Sess
 Friday Dec 23: 8:30-4:00pm **#1520179** \$27.00/1 Sess
 Tues Dec 27: 8:30-4:00pm **#1520180** \$37.00/1 Sess
 Wed Dec 28: 8:30-4:00pm **#1520181** \$37.00/1 Sess
 Thurs Dec 29: 8:30-4:00pm **#1520182** \$27.00/1 Sess
 Friday Dec 30: 8:30-4:00pm **#1545168** \$27.00/1 Sess

Registered Preteen Programs

Archery Tag Trip - 11-16 Years

Friday September 23 9:30-3:30pm
#1606192 \$39.00/1 Sess

Piano Private Lessons - All Ages

Friday Sep 9-Dec 16 \$308.00/14 Sess

#1520239 4:00-4:30pm

#1520240 4:30-5:00pm

#1520241 5:00-5:30pm

#1520242 5:30-6:00pm

#1520243 6:00-6:30pm

#1520244 6:30-7:00pm

#1520245 7:00-7:30pm

Wednesday Sep 14-Dec 21 \$330.00/15 Sess

#1520234 4:00-4:30pm

#1520235 4:30-5:00pm

#1520236 5:00-5:30pm

#1520237 5:30-6:00pm

#1520238 6:00-6:30pm

#1688488 6:30-7:00pm

Registered Youth Programs

Fright Night Trip - 13-18 Years

Friday October 14 7:00-12:00am
#1606190 \$38.00/1 Sess

Guitar - Level One - 13-18 Years

Saturday Sep 17-Nov 5 12:00-1:00pm
#1605738 \$56.00/8 Sess

Hip Hop - 13-18 Years

Friday Sep 23-Nov 4 4:00-5:00pm
#1605388 \$49.00/7 Sess

Paintball Trip - 11-16 Years

Friday October 21 9:30-3:30pm
#1606191 \$52.00/1 Sess

Study Station - 13-16 Years

Wednesday Sep 14-Nov 30 3:00-5:00pm
#1606189 FREE

Connect with other students to get help with school assignments from an on-site tutor, socialize and play active games. Registration required.

Yoga for Youth - 12-18 Years

Tuesday September 13 4:00-5:00pm
#1520451 \$49.80/10 Sess