

PRETEEN & YOUTH FALL 2017



STEVESTON COMMUNITY CENTRE

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Richmond, BC
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STEVESTON YOUTH DEVELOPMENT COORDINATOR

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CITY OF RICHMOND YOUTH STAFF TEAM

Advisor Youth Services: 604-276-4110

Roving Outreach Worker: 604-870-3453

Roving Outreach Worker: 604-516-9538

YOUTH IN THE FITNESS CENTRE

Youth 13 to 17 years old are encouraged and are 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. Parent consent only needs to be completed once and are transferrable to all City of Richmond recreation fitness centres.

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 DROP-IN PROGRAMS

ART CLUB

Join us for this free Art Program where every week will be a new challenging arts and craft activity. Learn new art skills while creating awesome projects to take home with you!

Tuesdays 3:00-4:30pm FREE 10-14yrs **Cohoe Room**

YOUTH COUNCIL

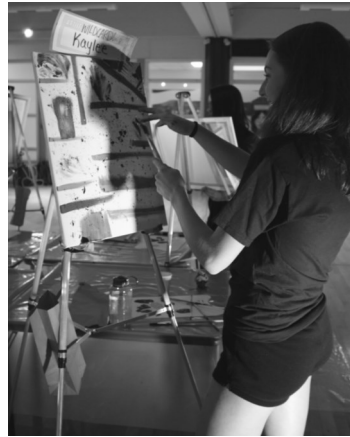
Develop leadership skills, gain volunteer experience and give back to the community with this program. New members are always welcome! All councillors will be eligible to receive volunteer hours.

Wednesday 3:30 - 4:30pm FREE 13-18yrs **Cohoe Room**

PRETEEN LEADERSHIP

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

Wednesday 4:30 - 5:30pm FREE 9-12yrs **Games Room**



Follow us on Facebook @ Steveston Community Centre
or on Twitter @ StevestonCS



YOUTH GYM DROP-IN

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 7:30- 9:30pm	Badminton 3:30- 5:30pm	Basketball 7:30- 9:30pm	Basketball 3:00 to 6:00pm	Open Gym 5:00- 6:30pm	Open Gym 4:30- 6:30pm
FREE					

13 to 18 years

\$2.40 per person

Please check in at the Front Desk

NEW YOUTH PROGRAM

COOKING - IRON CHEF

Build creative cooking skills from an experienced instructor to prepare for a full-on competition with other students on the final day.

Sep 20 - Oct 25 W 4:00-5:30pm \$72.00/6 sess 13-18yrs **#2122693**



Please see our other brochures at the front desk for more information regarding other programs we offer including Seasonal Programs, Fitness, Racquets, Preschool, and Older Adults.

REGISTERED YOUTH & PRETEEN PROGRAMS

GUITAR - LEVEL 1

Sep 23 - Nov 25 Sa 12:00-1:00pm \$70.00/10 sess 9-18yrs #2122694

GUITAR - LEVEL 2

Sep 23 - Nov 25 Sa 1:00-2:00pm \$70.00/10 sess 9-18yrs #2122695

STEVESTON UNITED PEERS (SUP)

Develop social skills in this program for youth with developmental disabilities and delays. Build confidence by participating in fun activities and community outings. Offered with the Richmond Society for Community Living.

Sep 19-Dec 14 Tu,Th 3:00-6:00pm \$260.00/26 sess 13-18yrs #2122442

NIGHTSHIFT AND NIGHTSHIFT BASKETBALL

Night Shift is a safe and open place to hang out with friends or meet new ones. Participants will be able to enjoy pool, foosball, games, food, and more.

NS Friday 8:00 - 11:30pm FREE **Games Room**

NS Basketball Friday 8:00 - 11:30pm 13-17yrs: \$2.40 18-25yrs: \$4.90

Please see our Winter Break Camp Brochure at the front desk for information regarding Winter Break Camps and Programs being offered for a variety of ages including preschool, children and youth!

PRETEEN AND YOUTH RESOURCES

BC PROBLEM GAMBLING HELPLINE

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

Telephone: 1-800-795-6111

Website: www.bcresponsiblegambling.ca

CHIMO CRISIS LINE

Free, confidential and non-judgemental 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

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, and being at risk for suicide. Talks for groups can be arranged. Parent and professional consultations are also available.

Monday to Friday 9:00am - 4:30pm

Telephone: 604-279-7077

Address: #120-7000 Minoru Boulevard

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 to the community, and they can provide the individualized services and support the youth needs to achieve their goals.

Telephone: 604-871-0450

Website: www.plea.ca

Email: info@plea.bc.ca

Address: 3894 Commercial Street

PRETEEN AND YOUTH RESOURCES

RICHMOND ADDICTIONS SERVICES SOCIETY (RASS)

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.

Telephone: 604-270-9220 **Address:** #200-7900 Alderbridge Way

RICHMOND FOOD BANK

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

Tuesday: 3:30 - 5:00pm Peace Mennonite Church

Wed & Thurs: 6:00-7:00pm #100-5800 Cedarbridge Way

Website: info@richmondfoodbank.org

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.

Telephone: 604-271-7600 **Address:** #100-7900 Alderbridge Way

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

RICHMOND YOUTH CLINICS

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 the age of 21 years. Services are free and all genders are welcome.

East Richmond Community Hall 12360 Cambie Road Tues 1:00 - 4:00pm

Richmond Place 8100 Granville Ave Wed 2:30 - 5:00pm

Telephone: 604-233-3204 **Website:** www.vch.ca/your-health/youth



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