

# PRETEEN & YOUTH SPRING 2018



## STEVESTON COMMUNITY CENTRE

4111 Moncton Street  
Richmond, BC  
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604-238-8080



REDMS# 5157483-v7

## STEVESTON YOUTH DEVELOPMENT COORDINATOR

### Andrew Chornohus

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604-238-8019

## 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](http://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.



## 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](mailto: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](http://www.rysa.bc.ca) [info@rysa.bc.ca](mailto: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](http://www.vch.ca/your-health/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

## NEW - YOUTH FACILITY PASS

A new youth facility pass will be implemented January 1, 2018. The passes are applicable to the centre where they are purchased and are non-transferable. The new pass structure is as follows:

### A. Youth Facility Pass 1

Cost: Free; issued annually

Includes where applicable:

- Access to Steveston Youth Council drop-in
- Nightshift Youth Hangout
- Gym Equipment loans (basketballs, volleyballs, etc.)
- **FREE** Youth Open Gyms

### B. Youth Facility Pass 2

Cost: \$7.00 per year

Includes (where applicable)

- Youth Facility Pass 1 (as outlined above) plus:
- Youth Games Room Pass

## GAMES ROOM PASS

This pass grants access to the Games Room equipment including:

- Pool Table
- Foosball
- Darts
- Play Station 4

## GAMES ROOM PASS RATES

	9-12yrs	13-18yrs	Adult 18+
<b>Drop-in</b>	\$2.40	\$2.40	\$2.40
<b>1 Year Pass</b>	\$7.00	*See Youth Facility Pass	\$13.00

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



## REGISTERED YOUTH & PRETEEN PROGRAMS

### GUITAR - LEVEL 1

Apr 7 - Jun 2 Sa 12:00-1:00pm \$56.00/8 sess 9-18yrs #2181705

### GUITAR - LEVEL 2

Apr 7 - Jun 2 Sa 1:00-2:00pm \$56.00/8 sess 9-18yrs #2181706

### SINGING VOICES

Apr 3 - Jun 19 Tu 7:30-8:30pm \$77.00/11 sess 10-15yrs #2181842

### VOLLEYBALL - BEGINNER

Apr 7 - May 26 Sa 2:00-3:00pm \$39.60/8 sess 9-12yrs #2333742

### VOLLEYBALL - ALL LEVELS

Apr 7 - May 26 Sa 3:00-4:00pm \$39.60/8 sess 13-18yrs #2334042

## 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.

Apr 3-Jun 21 Tu,Th 3:00-6:00pm \$240.00/24 sess 13-18yrs #2181994



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

## YOUTH DROP-IN PROGRAMS

### 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.

Thursdays 3:30-4:30pm FREE 13-18yrs Gillnetter

### 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 3:30-4:30pm FREE 9-12yrs Gillnetter

## 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.

Night Shift Friday 8:00 - 11:30pm FREE Games Room

NS Basketball Friday 8:00 - 11:30pm 13-18yrs: \$2.40 18-24yrs: \$4.95



We offer a variety of Youth Open Gym Drop-in Programs. Please see our Open Gym Schedule at Front Desk for more information regarding dates and times.