

2011 2012

# youth

scan this code with  
your smartphone to  
visit 'youth' online



## youth outreach services

The Youth Outreach Workers from Capilano Community Services Society, North Shore Neighbourhood House and Parkgate Community Services Society will come to you! Youth Outreach Workers will meet you ALMOST ANYWHERE, ALMOST ANYTIME!

### How to reach the Youth Outreach Workers

#### Capilano/Norgate/Delbrook

Youth Office 604-988-7115  
Pej 604-417-7095  
Robyn 604-418-3525  
Dan 604-417-5474

#### City of North Vancouver

TBA 604-258-8355  
TBA 604-258-8539  
Dale 604-258-8589  
Samantha 604-258-8750  
(Pre-teen Outreach Worker)

#### Deep Cove/Seymour

TBA 778-885-9583  
TBA 604-783-5754  
Jenny 778-882-2566  
(Youth Centre Coordinator)  
Marc 604-783-8053  
(Youth Services Supervisor)

#### Lynn Valley

Josh 604-258-8765  
Lisa 604-258-8775  
Family Support Worker –  
Young Parents Program  
Nina 604-258-8325

### youth centres

Unique, neighbourhood-based Youth Centres and services are throughout North Vancouver. Some neighbourhoods offer Youth Health Clinics, and most have a Youth Centre.

You can find a Youth Outreach Worker at a Youth Centre, an Employment Counsellor and your neighbourhood RCMP Constable. Referrals can be made to other agencies that will help with a certain issue.

Youth Centres offer movies, Guitar Hero, movies on big TVs, PS2, basketball, pool, foosball, games, pizza, bbq's and more! Youth Centres are safe spaces - a relaxed environment where youth can hang out, join in planned activities, talk to a Youth Worker or meet friends. Special events and out trips go on all year long. Dropping into a Youth Centre doesn't cost anything, and we fundraise to help keep costs down for activities and out trips.

Qualified, experienced Youth Outreach Workers work in and supervise the Youth Centres. Youth Centres are drug, alcohol and violence free places for youth 10-18 years. Some Youth Centres also have pre-teen only nights - check them out!

### youth clinics

Clinics have a Registered Nurse and Physician available to help you with:  
Health information  
STI/HIV testing & treatment  
Pregnancy counseling and testing  
Birth Control  
Emergency Contraception  
Immunizations  
Nutrition information  
Smoking cessation  
General health concerns

All visits are confidential  
Free drop-in 19yrs&under

**John Braithwaite Community Centre**  
145 W 1st Street  
M 3:15-6:15pm  
**Parkgate Community Health Centre**  
3625 Banff Ct  
Th 2:30-4:30pm  
Phone: 604-904-6450



northvanrec



visit  
[northvanrec.com](http://northvanrec.com)  
for more details!



## youth outreach

### Capilano/Norgate/Delbrook

Services provided by Capilano Community Services Society  
 600 W. Queens Rd  
 Phone 604-988-7115  
 Email: Robyn@capservices.ca

- One-to-one support
- School outreach/presentations
- Pre-teen and Teen drop-in youth centre
- Spring Break and Summer Out trips
- Balmoral Girls Group - current teen issues
- Balmoral Guys Group - current teen issues

### The Zone Youth Lounge

Located upstairs in William Griffin Community Recreation Centre  
 851 W. Queens Rd  
 Tu, Th Pre-Teen 6-9pm (Gr 6 & 7 Ages 10-13)  
 TH Teen Drop-in 6-9pm (Ages 13&up)  
 The Zone holds several band and DJ nights throughout the year. If you would like more info on our programs, or would like to play at one of the concerts, please call 604 988-7115 ext 30.

### Deep Cove/Seymour

Services provided by Parkgate Community Services Society  
 604-983-6350 / www.myparkgate.com

- One-to-one support
- Teen drop-in
- Pre-teen drop-in
- Pre-teen dances
- Out trips
- Parkgate Sk8 Park
- Classroom presentations
- Drop-in gym
- Anger management
- Girls Group

### Parkgate Youth Centre

Located in Parkgate Community Centre  
 3625 Banff Court  
 604-983-6358

W	Girls Group Drop-in	4:00-5:30pm
(Sept-June)		
F	Pre-Teen Drop-in	3:30-6:30pm
(Sept-June)		
F	Teen Drop-in	7:00-11:00pm
Sa	Teen Drop-in	7:00-11:00pm

### Preteen Dance

Join us for a fun night for youth in grades 6 and 7. Must pre-register and bring Playcard. These dances sell out.  
 Parkgate, Gym

275273	Sa	Sep 17	7:00-10:00pm
275274	Sa	Oct 22	7:00-10:00pm
275279	Sa	Nov 19	8:00-11:00pm
275301	Sa	Dec 17	7:00-10:00 pm
275313	Sa	Jan 14	7:00-10:00 pm
275315	Sa	Feb 11	7:00-10:00 pm

\$8.50

### Seycove Youth Centre

Located in Seycove Secondary Community School  
 1204 Caledonia Ave  
 Tu-Th school lunch hour drop-in  
 (in the Games Room)

### Seymour Youth Centre

949 Lytton St.  
 604-983-6673  
 Youth Outreach Worker Office Hours at Windsor Secondary School

Tu	1:00-3:00pm
W	1:00-3:00pm
Th	1:00-3:00pm

### Lynnmour/Inter-River

Managed by the Norvan Boys & Girls Club  
 800 Forsman Ave  
 604-986-3449  
 Email: nvbgc@bgc-gv.bc.ca  
 www.bgc-gv.bc.ca

- Afterschool program for 6-12yr olds
- Arts/crafts programs
- Boys Night
- Cooking programs
- Girls Night
- Hip Hop Dance
- Homework club
- Open gym
- Out trips
- Piano/Guitar lessons
- Science programs

### Boys & Girls Club

Th	Pre-teen	6:30-9:00pm
F	Teen	6:30-9:00pm

### Upper/Lower Lonsdale and Lynn Valley

Services provided by North Shore Neighbourhood House  
 225 E. 2nd St  
 604-987-8138  
 www.nsnh.bc.ca

- One-to-one support
- Life skills
- Group activities
- Drug & alcohol information
- Anger management
- Classroom presentations

### John Braithwaite Youth Centre

145 W 1st St  
 All evenings are for youth ages 13-18yrs old, with the exception of Saturday nights where pre-teens in Grade 6 & 7 are welcome to attend the open gym.

M	6:00-9:30pm	Arts & Crafts
Tu	6:00-9:30pm	Smooovie Nights
W	6:00-9:30pm	Interactive workshops & Skill development
Th	6:00-9:30pm	Collaborative healthy dinners
F	6:00-11:00pm	Fun Contests for prizes or opportunities to attend out trips
F	7:00-10:00pm	Open Gym
Sa	6:00-11:00pm	Tourneys in pool, foosball, board games, etc.
	7:00-10:00pm	Open Gym

(pre-teens welcome)  
 The first Friday of every month will be a special night organized & hosted by the Youth(in)Motion leadership group whose mission is to connect young people across the North Shore (facilitated in partnership with staff from NSMS).

### Lonsdale Youth Lounge

Located in Harry Jerome Community Recreation Centre  
 123 East 23rd St  
 Maintained by staff from the NVRC and the North Shore Neighbourhood House, the Lonsdale Youth Lounge is open on Tuesday, Thursday, and Friday evenings. Contact Tricia Sharpe, Youth Centre Coordinator, at 604-868-7065 for more info.

### Youth Dance 'A Grave Occasion'

Dress like your favourite undead character - a vampire, werewolf, or zombie and dance the night away. There will be a DJ, concession, best costume contest, prizes, and more! For Youth in Grades 6-8 only.  
 Lynn Valley, Cardinal Hall  
 268140 Sa Oct 29 8:00-10:30pm  
 \$7

### Youth Event Night

Join us for a night with Swim, Skate, Rock Band, DJ and Dancing. Concession and Coat check available. For Youth in Grades 6-8 only.  
 Magnussen  
 268143 F Jan 27 8:00-10:30pm  
 268144 F Mar 2 8:00-10:30pm  
 \$7



# youth



## Youth Dance: A Grave Occasion

**Saturday October 29  
8-10:30pm**

Lynn Valley Community  
Recreation Centre

\$7

Barcode: 268140



Dress like your favourite character~ a vampire, werewolf, and dance the night away. There will be a DJ, concession, best costume contest, prizes, and more! For Youth in Grades 6-8 only.

Register in advance with your playcard at any northvanrec front desk.

## Youth Event Night Grades 6-8

**Fridays January 27 & March 2  
8:00-10:30pm**

\$7



Youth take over Karen Magnussen Centre for a night of Swimming, Skating, Rock Band, DJ and Dancing. For youth in Grades 6-8 only.



northvanrec

## City Library Pre-Teen Drop-in

Located at the North Vancouver City Library  
120 West 14th Street  
Tu,Th 3:30-5:30pm

## Night's Alive Basketball Drop-in

Supervised free program for youth 13yrs&up  
McDougall, Gym  
F 10:00pm-12:00am  
Su 9:00-11:00pm

## City Fest & Skateboard Competition

Located at Centennial Theatre Parking lot  
123 East 23rd St  
Festival for youth with free food, a lineup of bands, other acts, skate competition with prizes, games, dancers, cotton candy and more.  
Sa May 5 12:00-4:00pm

## Lynn Valley Pre-Teen Drop-in

Located in Lynn Valley Community Recreation Centre  
3590 Mountain Hwy  
Wed 3:30-5:30pm (school year only)  
A Youth Outreach Worker from NSNH provides a supervised drop-in where youth can come and "hang-out" after school, watch movies, play Xbox 360 (Rockband) and get info.

Youth can also access Youth Outreach workers to discuss issues and concerns such as:

- Drugs and alcohol
  - Sexual health
  - Eating disorders
  - Conflict resolution
- "Friday Nite" NSNH

## Pre-Teen Drop-in 10-12yrs

North Shore Neighbourhood House  
225 East 2nd St  
Tons of fun activities – sports, games, arts & snacks.  
F 7:00-9:00pm  
Call Tricia Sharpe, Youth Centre Coordinator, at 604-868-7065 for more info.

## Pre-Teen Cultural Buddy Program 10-12yrs

North Shore Neighbourhood House  
225 East 2nd St.  
Our Coordinator matches newcomer preteens with "Buddy" pre-teens to assist with building relationships. Activities and out-trips planned throughout the year. Contact the Pre-Teen Cultural Buddy Coordinator: Dhaneva Panday at 604-839-1104.

## Youth Open Gym

Memorial, Gym  
Choose your sport. Sponsored by Youth Outreach Workers.  
Tu 3:30-5:30pm  
\$ drop-in



Bright futures start with exciting adventures and first-time discoveries. Like paddling a canoe around the lake. And planting a tree for the very first time. Or simply realizing that making new friends is easy and fun. Call us today and help your child discover a whole new world of firsts. Call (604) 879-5721.

Scouts Canada Programs for boys, girls and young adults.  
Beaver Scouts: 5-7 years      Cub Scouts: 8-10 years  
Scouts: 11-14 years      Venturer Scouts: 14-17 years  
Rover Scouts: 18-26 years

1-888-ScoutsNow (1-888-726-8876)  
www.scouts.ca



It starts with Scouts.

