



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.

WINTER HOURS: JAN. 6 - MAR. 17	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 family style sit-down dinners 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.



*Please check the calendar on our website to confirm our hours.

YOUTH NIGHT

(AGES 12-16)

Youth Night is an 8-week co-ed program that encourages youth to live active, healthy lifestyles. Each week youth try a different activity which may include bowling, mini-golf, martial arts, and more!

TUESDAY YOUTH NIGHT - \$50

Tuesdays, 7-8:30pm | Jan. 21 - March 11

THURSDAY YOUTH NIGHT - \$50

Thursdays, 7-8:30pm | Jan. 23 - March 13

**REGISTER FOR
YOUTH NIGHT:**





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.

- February 14, 9AM - 5PM
- March 22, 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 25, 9AM - 4PM
- February 14, 9AM - 4PM
- March 17-20, 10AM - 12PM



LEADERSHIP PROGRAMS

YOUTH CENTRE LEADERSHIP TEAM

Youth 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 and learn more!

L.E.A.D.

(LEAD, EXPLORE, AND DEVELOP)

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

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.

CHANGEMAKERS

Youth ages 15 - 18
February 5, 6-7:30PM @ ARC*

Join United Way BC and AYC for a workshop designed to help youth become a leader and a changemaker! This Pathway to Community Engagement & Impact session will help youth discover volunteerism, build leadership, connect with their community, and create impactful projects.

*The event is free, but registration is required

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

