

FALL 2025



What's Up



@ THE ABBOTSFORD YOUTH COMMISSION

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.

FALL HOURS: SEP. 8 - DEC. 19	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 free, tasty, and nutritious meal 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.

YOUTH CENTRE LEADERSHIP TEAM

**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!

YOUTH NIGHT

AGES 12-16

Youth Night is an eight week recreation program for youth 12-16. Every week youth have the opportunity to try a new active, social, and fun activity in a lively and supportive group atmosphere. Activities vary by season, but fall Youth Nights usually include activities like martial arts, bowling, laser tag, and more!

TUESDAY YOUTH NIGHT - \$50

Tuesdays, 7-8:30pm | Oct. 7 - Dec. 2
(No session Nov. 11)

THURSDAY YOUTH NIGHT - \$50

Thursdays, 7-8:30pm | Oct. 9 - Nov. 27

**REGISTER FOR
YOUTH NIGHT ON
[ABBYOUTH.COM/
YOUTHNIGHT](http://ABBYOUTH.COM/YOUTHNIGHT)**



Abbotsford Youth Commission
778-880-8559 | info@abbyouth.com
www.abbyouth.com



LIFE SKILLS PROGRAMS

FRASER HEALTH FOODSAFE

[AT] MRC YOUTH CENTRE

\$80 - AGES 14 - 18

This level one course is for food service front-line workers such as bus persons, servers, dishwashers and cooks. FOODSAFE certificate with successful completion.

- **September 27 9AM - 5PM**
- **October 24 9AM - 5PM**



REDCROSS BABYSITTERS

[AT] ARC YOUTH CENTRE

\$65 - AGES 11 - 15

This Red Cross Babysitters program will teach youth the skills to care for infants to school-aged children and help youth become a responsible babysitter. Certificate provided upon completion.

- **September 27, 9 AM - 4 PM**
- **October 24 9AM - 4 PM**
- **November 15 9AM - 4 PM**



LEADERSHIP/VOLUNTEERING PROGRAMS

LOOKING FOR VOLUNTEER HOURS? GET INVOLVED.

Involved is a program that exists to connect, provide, and support the youth of Abbotsford with volunteer opportunities. Sign up today at abbyyouth.com/involved and we'll email you youth volunteer opportunities as they become available.



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 is needed.



AYC WELCOME DAY PICNIC

AGES 12- 18 | SEP. 20, 12:30-4PM

Where: Mill Lake Park Picnic Shelter (Bevan Avenue Entrance)

Come volunteer with the AYC at our Welcome Day Picnic. The AYC is hosting a barbeque and picnic to help welcome newcomer youth and their families to Abbotsford. Volunteers will get the opportunity to help run games, lead activities, and connect with newcomer youth throughout the event. Come gain volunteer hours in a supportive, fun environment and help make a positive difference in your community!

Cost: \$10/person – complete the whole day and receive a \$10 gift card.

FRASER VALLEY GLEANERS VOLUNTEERING

AGES 12- 18 | OCT. 25, 8:30AM-12PM

Where: Fraser Valley Gleaners Society (85 Winson Road Abbotsford, BC V2S 8E8)

Volunteer with the AYC at the Fraser Valley Gleaners Society and help prepare food sent around the world for humanitarian aid. Volunteers will help with tasks such as cutting and sorting vegetables, packaging soup mix, and cleaning equipment. No prior experience needed, all equipment and training will be provided — just come ready to work together and make a global impact!

Cost: \$10 / person - complete the whole day and receive a \$10 Giftcard.



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