



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.

FREE

	ARC	MRC
Mon-Thurs	2:30-4:30pm	2:30-4:30pm
Friday	2:30-6:00pm	2:30-6:00pm

****Special Spring Break Hours****

(March 16 - 20)

March 16-20: 12:30-4:30pm at ARC & MRC

March 23 to March 27 - CLOSED at ARC & MRC

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

Our office is in the Sweeney Neighbourhood Centre.



@ABBYOUTH

FREE DINNER NIGHT

Ages 12 - 18, @ BOTH Youth Centres
Various dates (Fridays)

Help prepare (and eat) dinner for 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.



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!

INVOLVED

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 volunteer opportunities as they become available.



VOLUNTEER OPPORTUNITIES

FOODBANK VOLUNTEERING

Ages 12-18
March 25, 1-4PM

Join AYC for an afternoon of giving back by volunteering at the Abbotsford Food Bank. Youth will help support local families through tasks such as sorting, packing, and organizing food donations. Registration is \$10 per person. Complete the whole event and receive a \$10 gift card.



COMMUNITY CLEAN UP

Ages 12-18
April 22, 4:30 PM – 6:30 PM

Celebrate Earth Day by helping keep Abbotsford clean and green! Youth will work together to pick up litter and beautify shared community spaces while learning about environmental responsibility and stewardship. Registration is \$10 per person. Complete the whole event and receive a \$10 gift card.



REGISTERED PROGRAMS

YOUTH NIGHT

\$50 - AGES 12 - 16

Every week throughout this eight-week recreation program, youth will have the opportunity to try a new active, social, and healthy activity in a lively and supportive group environment. This spring's lineup includes batting cages, fishing, bubble ball, and more!

Tuesdays: April 7 - June 2 @ 7 PM - 8:30 PM

Thursdays: April 9 - June 4 @ 7 PM - 8:30 PM



L.E.A.D.

LEAD, EXPLORE, & DEVELOP

[AT] ARC YOUTH CENTRE - \$50 - AGES 14 - 18

Earn volunteer hours & level-up your leadership skills by planning a BC Youth Week event with us! Participants will receive a certificate & a T-shirt. Thursdays (4:30-5:30) April 9 - 30 and one event day during B.C. Youth Week May 1 - 7.

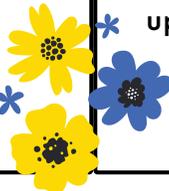
FOCUS: A MENTAL HEALTH & RESILIENCE GROUP

[AT] ARC YOUTH CENTRE

\$40 - AGES 12 - 16

FOCUS is a mental health group where youth have an opportunity to engage in a set of workshops which explore a variety of different topics, including resilience, emotions and feelings, coping strategies, anxiety, stress and self-care.

Wednesdays, April 1 - May 20, 5:45 - 7 PM



BABYSITTER'S TRAINING

[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.

Monday, March 23 9 AM - 4 PM

Friday, April 24 9 AM - 4 PM

Friday, May 15 9 AM - 4 PM



FOODSAFE COURSES

[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.

Mon March 23 9 AM - 5 PM

Fri, April 24 9 AM - 5 PM

Fri, May 15 9 AM - 5 PM

HOW TO REGISTER FOR OUR PROGRAMS:

1. Go to www.abbyouth.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.

