

FALL 2026



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:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ARC (2499 MCMILLAN 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

LOCATIONS

ARC Youth Centre: 2499 McMillan 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!



GRAND RE-OPENING

**MRC YOUTH CENTRE
AGES 12-18**

Wednesday, September 9, 2026

Join us as we celebrate the grand re-opening of our newly refreshed MRC Youth Centre! Come check out the new space, meet other youth, and enjoy an afternoon of games, music, snacks, and fun!

FREE OPEN GYM

**AGES 12-18, [At] 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)
VARIOUS LOCATIONS**



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, 7:00-8:30pm

Oct. 6 - Nov. 24

THURSDAY YOUTH NIGHT - \$50

Thursdays, 7:00-8:30pm

Oct. 8 - Nov. 26



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





LIFE SKILLS PROGRAMS



FRASER HEALTH FOODSAFE LEVEL 1 [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 exam completion.

- September 25 @ 9 AM - 5 PM
- October 23 @ 9 AM - 5 PM
- November 20 @ 9 AM - 5 PM

RED CROSS 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.

- September 25 @ 9 AM - 4 PM
- October 23 @ 9 AM - 4 PM
- November 20 @ 9 AM - 4 PM



VOLUNTEERING EVENTS

BACK TO SCHOOL EVENT

Youth ages 12 - 18
Wednesday, September 2
3:30PM - 7PM
Abbotsford Senior Secondary School

Volunteer with AYC as we support the Abbotsford School District's signature Back to School Event. Help families carry food hampers to their vehicles and earn volunteer hours while making a positive impact in our community.

\$10 per person - complete the whole event and receive a \$10 gift card.

BAKING EXCHANGE

Youth ages 12 - 18
Thursday, October 8
3PM - 5PM

Join AYC at Matsqui Recreation Centre for a Baking Exchange where youth and older adults connect through recipe sharing and cultural storytelling.

\$10 per person - complete the whole event and receive a \$10 gift card.

WINTER WORKSHOP

Youth ages 12 - 18
Monday, November 2
3PM - 5PM

Join AYC at Abbotsford Recreation Centre for a Winter Workshop where youth and older adults connect through seasonal crafts, conversation, and community.

\$10 per person - complete the whole event and receive a \$10 gift card.

FV GLEANERS

Youth ages 16 - 18
Saturday, November 21
8:30AM - 12PM

Volunteer with AYC at Fraser Valley Gleaners and help prepare food for humanitarian aid while earning volunteer hours and making a difference.

\$10 per person - complete the whole event and receive a \$10 gift card.

FOCUS - A MENTAL HEALTH & RESILIENCE GROUP [AT] MRC YOUTH CENTRE \$35 AGES 12-15

Focus is a welcoming group that helps youth build resilience, strengthen coping skills, and support their mental well-being through engaging activities and meaningful discussions.

Wednesdays
Oct. 7 - Nov. 25
5:45PM - 7:00PM
(No session Nov. 11)

HOW TO REGISTER FOR OUR PROGRAMS:



1. Go to www.abbyyouth.com and click "Register Online".
2. On our Amilia registration 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**



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