

SPRING 2024



Whatz Up

@ THE ABBOTSFORD YOUTH COMMISSION



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	2:30-8:00pm	2:30-8:00pm

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

(March 18 - 22)

Mondays-Fridays @ 12:30-4:30pm at ARC & MRC

March 25 to April 1 - 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

We're in the Sweeney Neighbourhood Centre.

FOLLOW US ON SOCIAL MEDIA TO STAY UP TO DATE WITH EVERYTHING #AYC!



LEADERSHIP PROGRAMS

YOUTH CENTRE LEADERSHIP TEAM

- Youth ages 12 - 18
- Wednesdays @ 4:30 PM - 5:30 PM
- at BOTH Youth Centres!



(IN)VOLVED

- Email us for more info!



FREE OPEN GYM

Ages 12-18, @ ARC Youth Centre

Play basketball, badminton, nine square, soccer, volleyball, & more!

Tuesdays & Thursdays, 3:15 - 4:30 PM.

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



SPRING BREAK

MARCH 18 - MARCH 22

	MONDAY (MARCH 18)	TUESDAY (MARCH 19)	WEDNESDAY (MARCH 20)	THURSDAY (MARCH 21)	FRIDAY (MARCH 22)
ARC (2499 MCMILLIAN RD)	12:30-4:30	12:30-4:30	12:30-4:30	12:30-4:30	12:30-4:30
MRC (3106 CLEARBROOK RD)	12:30-4:30	12:30-4:30	12:30-4:30	12:30-4:30	12:30-4:30

MARCH 23 - APRIL 1: CLOSED



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



REGISTERED PROGRAMS

REGISTER ONLINE HERE!



YOUTH NIGHT

[AT] VARIOUS LOCATIONS

\$50 - AGES 12 - 16

8 weeks of activities that may include bowling, mini-golf, martial arts, & more!

- **Tuesdays @ 7 PM - 8:30 PM** starting on April 9
- **Thursdays @ 7 PM - 8:30 PM** starting on April 11

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 PM - 5:30 PM**, from April 4 to 25

FOCUS: A MENTAL HEALTH & RESILIENCE GROUP

[AT] MRC YOUTH CENTRE

\$35 - AGES 13 - 16

FOCUS is a mental health group where youth have an opportunity to engage in a set of 7 workshops which explore a variety of different topics, including resilience, emotions and feelings, coping strategies, anxiety, stress and self-care.

- **Thursdays @ 5 PM-6:30 PM** from
- **May 9 - June 20**



BABYSITTERS 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.

- **March 18-21 @ 10AM - 12PM**
- **April 26 @ 9AM - 4:30PM**
- **May 17 @ 9AM - 4:30PM**



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.

March 23 @ 9AM - 5PM

April 26 @ 9AM - 5PM

May 17 @ 9AM - 5PM

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



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