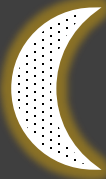


WHAT'S GOING ON

YOUTH HAPPENINGS IN SAANICH

Fall / Winter 2019



After School Drop In's

Crafters & Bakers

LGBTQ2 Hang Out

FUEL- Free Breakfast

Backdoor Teen Centre Party



Friday Youth Night @ Cedar Hill Rec

Social Friday evenings at Cedar Hill Recreation Centre: play ping pong, games, craft or bake, make art, watch movies or go to the gym. Connect with friends in a safe and supervised environment. Recommended for youth ages 10-16 years old. Snacks provided. New activities each week.

Fridays 7:00-10:00pm

Questions? #250-475-3219 or email laura.vandyk@saanich.ca

Friday Night

Free Youth

Weightroom

Access



Only @ Cedar Hill Rec

For youth aged 13-18 years

- 7:00-10:00pm •
- + Free weight room orientations (reserve your spot today)

Questions, thoughts or ideas?

Call #250-475-7111

PROGRAMS

Yoga for Youth

Thursdays from 3:45-4:45pm #23014

Gordon Head Rec. 4100 Lambrick Way

Yoga can be a great self regulating tool for any child dealing with stress, anxiety, sleep problems, or intense moods, as well as prevent injuries in athletes. We will practice strengthening and stretching exercises, relaxation techniques, concentration and breathing.

Life Skills Cooking— \$10

Thursdays, Nov 28, Dec 12 & Dec 19

6:00-8:00pm #18942 & 18943

Gordon Head Rec. 4100 Lambrick Way

Join us for a monthly culinary feast! Each course will cover safe knife skills and meal planning as youth gain hands-on experience cooking with fresh, local ingredients creating mealtime favorites.



[Register online at www.saanich.ca](http://www.saanich.ca) or call reception #250.475.7100

Backdoor Teen Centre Drop In Schedule

Free Drop-In. Free Snacks. Safe. Supervised. Fun

Monday	Tuesday	Wednesday	Thursday	Friday
			FUEL- Free Breakfast 7:30- 9:00am	
After School Drop In 3:00-5:00pm		After School Drop In 3:00-5:00pm		After School Drop In 2:00-5:00pm
	Crafters & Bakers 6:00-7:30pm	LGBTQ2+ Hang Out 7:00-9:00pm		Cedar Hill Rec Drop In 7:00-10:00pm