

# January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Happy New Year!</b>	<b>2</b> <b>Closed</b>	<b>3</b> Resource 1-3 <b>Youth Drop In</b> 3:15-5:30	<b>4</b> Resource 1-3 Youth Drop In 3:15-5:30 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Boys' Night</b>                          6:30-8:30                     </div>	<b>5</b> Resource 1-3 Youth Drop In 3:15-9:30	<b>6</b> Free Store 1-3 <div style="border: 1px solid black; padding: 5px; text-align: center;">                     Healthy Soup 10-12                 </div> Youth Drop In 3:15-5:30, 7-11, <b>FHF</b>	<b>7</b> Youth Drop In 7-10- <b>SS</b>
<b>8</b> Drop the Ego, Not the Gloves <b>2-6pm</b> Field Trip to Shawnigan Lake. Sign-up at the Old Firehall.	<b>9</b> Peer Support, 1-3 <b>Youth Drop In</b> 3:15-5:30	<b>10</b> Resource 1-3 <b>Youth Drop In</b> 3:15-5:30	<b>11</b> Resource 1-3 Youth Drop In 3:15-5:30 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Games Night</b>                          6:30-8:30                     </div>	<b>12</b> Resource 1-3 Youth Drop In 3:15-9:30 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Youth Cook'In</b>                          6:30-9pm                     </div>	<b>13 Free Store 1-3</b> <div style="border: 1px solid black; padding: 5px; text-align: center;">                     Healthy Soup 10-12                 </div> Last Day for GFB orders <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>WAY: 5:30-7 Dinner</b> </div> Youth Drop In 7-11, <b>FHF</b>	<b>14</b> Youth Drop In 7-10- <b>SS</b>
<b>15</b>	<b>16</b> Peer Support, 1-3 Youth Drop In 3:15-5:30	<b>17</b> Resource 1-3 <b>Mother Goose Program</b> Noon- 1:30 Youth Drop In 3:15-5:30	<b>18</b> Resource 1-3 Youth Drop In 3:15-5:30 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Boys Night</b>                          6:30-8:30                     </div>	<b>19</b> Resource 1-3 Youth Drop In 3:15-9:30	<b>20 Free Store 1-3</b> <div style="border: 1px solid black; padding: 5px; text-align: center;">                     Healthy Soup 10-12                 </div> Youth Drop In 3:15-5:30, 7-11,	<b>21</b> Youth Drop In 7-10- <b>SS</b>
<b>22</b>	<b>23</b> Peer Support, 1-3 Youth Drop In 3:15-5:30 <div style="border: 1px solid black; padding: 5px; text-align: center;">                     GFB – food arrives                 </div>	<b>24</b> Resource 1-3 <b>Mother Goose Program</b> Noon- 1:30	<b>25</b> Resource 1-3 Youth Drop In 3:15-5:30 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Games Night</b>                          6:30-8:30                     </div>	<b>26</b> Resource 1-3 Youth Drop In 3:15-9:30 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Youth Cook'In</b>                          6:30-9                     </div>	<b>27 Free Store 1-3</b> <div style="border: 1px solid black; padding: 5px; text-align: center;">                     Healthy Soup 10-12                 </div> Youth Drop In 3:15-5:30, 7-11,	<b>28</b> Youth Drop In 7-10- <b>SS</b>
<b>29</b>	<b>30</b> Peer Support, 1-3 Youth Drop In 3:15-5:30	<b>31</b> Resource 1-3 <b>Mother Goose Program</b> Noon- 1:30 Youth Drop In 3:15-5:30	<b>Feb 1</b> Resource 1-3 Youth Drop In 3:15-5:30 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Boys Night</b>                          6:30-8:30                     </div>	<b>Feb 2</b> Resource 1-3 Youth Drop In 3:15-9:30	<b>Feb 3 Free Store 1-3</b> <div style="border: 1px solid black; padding: 5px; text-align: center;">                     Healthy Soup 10-12                 </div> Youth Drop In 3:15-5:30, 7-11,	<b>Feb 4</b> Youth Drop In 7-10- <b>SS</b>



# Programs

Youth Activities	Family Activities	
<p><b>Youth Drop-In:</b> Play pool, air hockey, or foosball; use the computers or the gymnasium, cook, or get help with homework in a safe, supervised environment. <b>Weekdays 3:15-5:30, Thurs. 3:15-9:30, Fri. 7-11, Sat. 7-10</b></p>	<p><b>Mother Goose Program</b> – for parents and their toddlers. Lunch served at noon, program starts at 12:30pm and is one hour long. Children: show an improvement in language, gain self esteem, develop social skills.</p>	<p><b>Peer Support:</b> Come talk to people who understand.  Facilitated by Canadian Mental Health Association trained volunteers.  Mondays 1pm to 3pm</p>
<p><b>Youth Cook'in:</b> Ages 12 and up. Have fun learning a new dish! Jan 12 and 26<sup>th</sup> -6:30pm to 9pm.</p>	<p><b>Free Store:</b> Free clothes, household items, books &amp; other used items. (Fri. 1-3). Donations accepted –please contact us first to see if your items can be used.</p>	<p><b>Healthy Soup Class:</b> Learn to make healthy economical soups and try what you make! (Fridays, 10am-noon)</p>
<p><b>Fire Hall Fridays:</b> A different theme every week – sign up for field trips in advance! Many free activities!</p>	<p><b>Resource:</b> Get help with literacy, computers, or access our resource library and book exchange.</p>	<div style="border: 1px solid black; border-radius: 20px; padding: 10px;"> <p style="text-align: center;"><b>Mother Goose Program</b></p> <p>There is nothing more important than the bond between parent and child. This program builds on this relationship and gives parents the tools that make daily life with a young child more fulfilling.</p> <p>The program is committed to inclusive services that provide for an atmosphere of mutual respect and understanding.</p> <p style="text-align: center;">Tuesdays Noon to 1:30pm Call 250-246-3203 <b>Starting January 17<sup>th</sup>, 2012</b></p> </div>
<p><b>WAY (We Are Youth):</b> Leadership group that plans fun activities and events for youth (ages 12-18). 2<sup>nd</sup> Friday of month. Contact Laura at 250-246-4217 or <a href="mailto:youthoutreach@northcowichan.bc.ca">youthoutreach@northcowichan.bc.ca</a></p>	<div style="border: 1px solid black; background-color: #c8e6c9; padding: 5px; text-align: center;"> <p><b>Good Food Box (GFB):</b> Get 20lbs of fruits and vegetables for \$10!</p> </div> <p>Orders Due January 13<sup>th</sup> – see Renée Pick-up January 23, 2012</p>	
<p><b>Boys' Night:</b> Hang out with the boys – play pool, foosball, ping pong, Wii, poker, or just chat. For boys aged 12-18. (Jan 4 &amp; 18, 2012, 6:30-8:30 )</p>	<p><b>Games Night for all Youth (ages 12-18):</b> Fun activities; play pool, foosball, ping pong, Wii, or just chat. Jan 11 &amp; 25 2012</p>	
<p><b>Sporty Saturdays:</b> Fun activities to get you moving on a Saturday night.</p>	<p>Check us out on facebook and twitter (@cnhachemainus)</p>	