

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hallowe'en!!!</p> <p>Help! Adopt-a-family Christmas Hampers!!! (see reverse for details)</p>		<p>1 Resource 1-3</p> <p>Youth Drop In 3-5:30</p>	<p>2 Resource 1-3</p> <p>Youth Drop In 3:15-5:30</p> <p>Boys' Night 6:30-8:30</p>	<p>3 Resource 1:30-3</p> <p>Youth Drop In 3:15-9:30</p> <p>English Tea 5:30-6:30</p>	<p>4 Free Store 1-3</p> <p>Youth Drop In 3:15-5:30, 7-11, FHF</p>	<p>5</p> <p>Annual General Meeting 12:30</p> <p>Youth Drop In 7-10-SS</p>
		<p>6</p>	<p>7</p> <p>Peer Support, 1-3</p> <p>Youth Drop In 3:15-5:30</p>	<p>8 Resource 1-3</p> <p>Youth Drop In 3-5:30</p>	<p>9 Resource 1-3</p> <p>Youth Drop In 3:15-5:30</p> <p>Games Night 6:30-8:30</p>	<p>10 Resource 1:30-3</p> <p>Youth Drop In 3:15-9:30</p> <p>English Tea 5:30-6:30</p>
<p>13</p>	<p>14</p> <p>Closed for holiday</p>	<p>15 Resource 1-3</p> <p>Youth Drop In 3-5:30</p>	<p>16 Resource 1-3</p> <p>Youth Drop In 3:15-5:30</p> <p>Boys' Night 6:30-8:30</p>	<p>17 Resource 1:30-3</p> <p>Youth Drop In 3:15-9:30</p> <p>English Tea 5:30-6:30</p> <p>Youth Cook'In 6:30-9</p>	<p>18 Free Store 1-3</p> <p>Healthy Soup Class 3-5</p> <p>Youth Drop In 3:15-5:30, 7-11, FHF</p>	<p>19</p> <p>Artisans' Market/Craft Fair 9-4</p> <p>Youth Drop In 7-10-SS</p>
<p>20</p>	<p>21</p> <p>Peer Support, 1-3</p> <p>Youth Drop In 3:15-5:30</p> <p>GFB – food arrives</p>	<p>22 Resource 1-3</p> <p>Youth Drop In 3:15-5:30</p>	<p>23 Resource 1-3</p> <p>Youth Drop In 3:15-5:30</p> <p>Games Night 6:30-8:30</p>	<p>24 Resource 1:30-3</p> <p>Youth Drop In 3:15-9:30</p> <p>English Tea 5:30-6:30</p> <p>Youth Cook'In 5:30-7</p>	<p>25 Free Store 1-3</p> <p>Healthy Soup Class 3-5</p> <p>Youth Drop In 3:15-5:30, 7-11, FHF</p>	<p>26</p> <p>Youth Drop In 7-10-SS</p>
<p>27</p>	<p>28</p> <p>Peer Support, 1-3</p> <p>Youth Drop In 3:15-5:30</p>	<p>29 Resource 1-3</p> <p>Youth Drop In 3:15-5:30</p>	<p>30 Resource 1-3</p> <p>Youth Drop In 3:15-5:30</p> <p>Games Night 6:30-8:30</p>	<p>Workshop: "The Magical Teenage Brain" for parents/caregivers 7-8:30 p.m. November 24</p>		<p>SS – Sporty Saturdays</p> <p>FHF – Fire Hall Fridays</p>

Programs

Youth Activities	Family Activities	
<p>Youth Drop-In: Play pool, air hockey, or foosball; use the computers or the gymnasium, cook, or get help with homework in a safe, supervised environment. (weekdays 3:15-5:30, and Thurs. 3:15-9:30, Fri. 7-11, Sat. 7-10)</p>	<p>Artisans' Market/Craft Fair: Come find a hand-crafted treasure in our fun and festive market. Kids' activities, music, and draws! Tables available – call 246-3203</p>	<p>Workshop - "The Magical Teenage Brain": Brain coach and motivational speaker, Gary Anaka, explains the magic of the teenage brain for parents and caregivers. Funded by Island Savings GIFT and Coastal Community Spirit Fund. (Nov. 24, 7-8:30 p.m.).</p>
<p>Youth Cook'in: Ages 12 and up. Have fun learning a new dish!</p>	<p>Free Store: Free clothes, books & other used items. (Fri. 1-3)</p>	<p>Healthy Soup Class: Learn to make healthy economical soups and try what you make! (Fridays, 3-5)</p>
<p>Fire Hall Fridays: A different theme every week – sign up for field trips in advance! Many free activities!</p>	<p>Resource: Get help with literacy, computers, or access our resource library and book exchange.</p>	<p>English Tea: Practice English with a group and a group leader. All ages, all abilities. (Thurs. 5:30-6:30)</p>
<p>WAY (We Are Youth): Leadership group that plans fun activities and events for youth (ages 12-18). 2nd Friday of month. Contact Laura at 250-246-4217 or youthoutreach@northcowichan.bc.ca</p>	<p>Annual General Meeting: Come have your say! We need your input. All paid members have a vote, and the meeting is open to everyone. Free lunch! (Nov. 5, noon)</p>	<p>Adopt-a-Family Christmas Hampers Help bring Christmas cheer to a family by sponsoring them and adding their wishes to your Christmas shopping list. A rewarding and fun way to get into the spirit of giving. Contact us for more details. 250-246-3203 Families in need of help at Christmas should contact us as soon as possible.</p>
<p>Boys' Night: Hang out with the boys – play pool, foosball, ping pong, Wii, poker, or just chat. For boys aged 12-18. (Wednesdays, 6:30-8:30)</p>	<p>Peer Support: Come talk to people who understand. Facilitated by CMHA trained volunteers. (Mon. 1-3)</p>	
<p>Sporty Saturdays: Fun activities to get you moving on a Saturday night.</p>	<p>Check us out on facebook and twitter (@cnhachemainus)</p>	
<p>Games Night: Fun activities to get you moving on a Saturday night.</p>		<p>Good Food Box (GFB): Get 20lbs of fruits and vegetables for \$10!</p>

