

# NORTH SHORE YOUTH OPPORTUNITIES

## EVENTS, WORKSHOPS & MORE

- **City of North Vancouver Urban Forest Plan** – The City is developing an Urban Forest Plan to better protect, manage and grow the urban forest to deliver long-term benefits to our community. More information including a survey (January 15-February 4) and in-person pop-up events are available at <https://www.cnv.org/City-Hall/News-Room/Whats-New/2024/1/15/City-Developing-Plan-to-Grow-Urban-Forest>.
  - **North Vancouver City Library Small Grants** – The North Vancouver City Library's 2024 Library Small Grants applications are now open. Apply by Friday, February 16 to earn up to \$500 for a community project. For more information or to apply, see <https://www.nvcl.ca/lsg>.
  - **Y Mind: Learn to Cope With Stress** – West Vancouver presents a free program for youth (age 13-18) on learning to cope with worries and stress. Y Mind takes place at West Van Youth Hub on Wednesdays, February 7-March 20 from 4:00pm-5:30pm. To register or find out more, contact [samiri@westvancouver.ca](mailto:samiri@westvancouver.ca).
  - **Post Secondary Workshop** – Foundry and Capilano University present a post-secondary information workshop on Thursday, February 29 from 11:00am-4:00pm. The workshop will cover the basics of applications and options, accessibility services, financial aid and lived experiences. Participants must be north shore youth (age 15-24), engaging in fewer than 15 hours per week in work, school or training and are not currently enrolled in another employment support program. To register, contact [Oksana.soychuke1@vch.ca](mailto:Oksana.soychuke1@vch.ca).
  - **Cooking & Life Skills** – Foundry presents a 6 week program at Foundry North Shore on Mondays February 5-March 8 from 12:30pm-3:00pm. These sessions are beginner friendly and all materials will be provided. To register, contact [Jamie.bradley@vch.ca](mailto:Jamie.bradley@vch.ca).
  - **Music Jams** – Foundry presents a free jam session for youth (age 12-24) at Foundry North Shore on Mondays March 18-April 29 from 6:00pm-7:00pm. These sessions are beginner friendly and instruments will be provided. To register, contact [Jamie.bradley@vch.ca](mailto:Jamie.bradley@vch.ca).
  - **Art Group** – Foundry presents a multimedia art group at Memorial Rec Centre art studio every Tuesday starting January 16. These sessions are beginner friendly and all materials will be provided. To register, contact [Jamie.bradley@vch.ca](mailto:Jamie.bradley@vch.ca).
  - **Workout for Wellness** – Foundry presents an open gym program at John Braithwaite Community Centre every Wednesday from 3:30pm-4:30pm. These sessions are open to all fitness levels. To register, contact [Jamie.bradley@vch.ca](mailto:Jamie.bradley@vch.ca).
  - **Mindful Yoga** – Foundry presents a yoga program at John Braithwaite Community Centre's Harbourview room every Thursday starting January 18. These sessions are beginner friendly and mats will be provided. To register, contact [Jamie.bradley@vch.ca](mailto:Jamie.bradley@vch.ca).
  - **Youth Leadership Program** – Impact North Shore presents 5 free workshop sessions on Thursdays February 29-March 28 from 4:00pm-6:00pm. The program is open to youth (age 13-18) who are permanent residents from the North Shore and includes training on diversity, inclusion and anti-racism as well as activities to build leadership, teamwork and conflict resolution skills. For more information or to register, contact [annabellel@impactnorthshore.ca](mailto:annabellel@impactnorthshore.ca).
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# VOLUNTEERING & JOBS

- **City Park Stewards** – The City of North Vancouver’s Park Stewards program is seeking volunteers for an invasive pull at Sunrise Park from 9:00am-12:00pm on Saturday, February 24. Register at <https://www.cnv.org/your-government/living-city/get-involved/city-park-stewards>.
- **CityFest Call for Volunteers** – CityFest at The Shipyards is BC’s largest youth festival and is seeking five North Shore-based youth volunteers (age 16-24) to serve on the youth leadership committee. The year-long planning process offers 100+ volunteer hours to each committee member. Contact [neil@nvcityfest.com](mailto:neil@nvcityfest.com) to apply.
- **NVCL Opportunities** – North Vancouver City Library is seeking general volunteers. For more information, see <https://www.nvcl.ca/events/tween-advisory-group-meeting-1>.
- **Tween Advisory Group** – North Vancouver City Library is seeking volunteers in grades 5-7 to take part in TWAG. For more information, see <https://www.nvcl.ca/teens-community-hub>.
- **NVRC Opportunities** – North Vancouver Recreation and Culture is seeking volunteers for general recreation. For more information, see <https://www.nvrc.ca/about-us/employment-volunteering/volunteering>.
- **MONOVA Opportunities** – The Museum and Archives of North Vancouver is seeking volunteers for events, gallery ambassadors, and school programs. For more information, see <https://monova.ca/volunteering/>.
- **Edible Garden Project Volunteer Opportunities** – The Edible Garden Project is seeking volunteers for a variety of positions as well as drop-in volunteer sessions on Wednesdays from 3:00pm-5:00pm. More information and application forms available at <https://ediblegardenproject.com/volunteer/>.
- **North Shore Neighbourhood House Opportunities** – To apply, see <https://www.nsnh.bc.ca/get-involved/volunteer/>.
- **Presentation House Theatre Opportunities** – To apply, see <https://www.phtheatre.org/support-pht-2/volunteer/>.
- **Family Services Opportunities** – To apply, see <https://www.familyservices.bc.ca/volunteer-with-us/>.
- **KidStart Mentoring Program** – KidStart is a one-to-one volunteer mentoring program for children and youth who are at risk of experiencing serious difficulties in their lives. Volunteer mentors meet weekly with the child or youth they are assigned to and engage them in a variety of community activities. To find out more information or apply see <https://www.kidstart.ca/lower-mainland/volunteer/>.

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## ONGOING PROGRAMS

- **NVCL Youth Drop-In** – The Room on the 2<sup>nd</sup> Floor of North Vancouver City Library is reserved for youth (grade 7-12) Monday-Thursday from 3:00pm-6:00pm and Friday from 3:00pm-5:00pm to hang out with friends, complete homework, read, use computers, etc. Registration is not required. See <https://www.nvcl.ca/teens-community-hub> for more information.
- **NVRC Youth Centre Drop-In** – For a full schedule of drop-in programs, see <https://nvrc.perfectmind.com/23734/Clients/BookMe4?widgetId=191b3742-8801-4eb9-bbfa-abb28439f20c>.
- **West Van Youth Drop-In Programs** – West Vancouver Youth Services offers a number of drop-in opportunities for youth (grade 6-12) from Monday-Saturday. All youth spaces are open and pre-registration is not required. For a full schedule of drop-in programs, see <https://www.westvancouverrec.ca/youth>.
- **MONOVA Sensory Friendly Sundays** – MONOVA presents sensory friendly programming one Sunday per month from 9:00am-11:00am geared towards neurodiverse visitors of all ages. For more information or to book a time, see <https://monova.ca/sensory-friendly/>.
- **Foundry Drop-in Counselling & Primary Care** – Foundry North Shore offers drop-in counselling from 1:00pm-5:00pm Monday-Thursdays and 1:00pm-4:00pm on Fridays. Drop-in primary care is offered 2:30pm-5:30pm Monday-Thursdays and 2:00pm-3:30pm on Fridays. For more information, see <https://foundrybc.ca/northshore/>.
- **Fearless: Youth Empowering Programming** – North Shore Women’s Centre presents expanded youth program with a vision to become a “girls hub” for female-identifying and gender diverse youth. For more information, see <https://www.northshorewomen.ca/fearless>.
- **Wired 4 Success** – Hollyburn Community Services Society offers an ongoing 13 week program designed for youth (age 16-30) with barriers to employment. This program offers individualized planning, financial support, work experience and education encouraging youth to secure employment in their field of interest. See <https://www.hollyburn-society.ca/youth/wired-for-success/> to register or find out more information.
- **Youth Employment Skills and Strategy (YESS)** – Impact North Shore presents an ongoing program for newcomer youth to develop skills and gain work experience. For more information, see <https://impactnorthshore.ca/our-workshops/youth-employment-skills-and-strategy-yess-program/>.
- **North Shore PACT** – The CMHA has launched a civilian-led team that will respond to crisis calls related to mental health and substance use on the North Shore. Youth (age

13+) can receive over the phone or in-person help with a range of mental health issues. See <https://northwestvancouver.cmha.bc.ca/programs-services/peer-assisted-care-team-pact/> for more details.

- **Provincial Youth Wellbeing Resource** – For provincial resources for youth mental health and wellbeing, see <https://wellbeing.gov.bc.ca/youth-mental-health-and-wellbeing>.