

MARCH 2023

COMMUNITY UPDATES



For families at Queen Mary, Ridgeway, Westview, Larson, Queensbury Elementary Schools



NSNH Youth Centre

The goal of the NSNH Youth Outreach Team is to support youth as they navigate life and their mental health. Our services are completely client driven, and we aim to aid youth in growing their social and life skills.

As Youth Workers, we strive to build meaningful connections with youth on the North Shore, help them foster peer relationships, and connect them to other community partners and resources.

Our list of programs are frequently changing in order to reflect the needs of the youth we serve. Currently we are running programs that focus on peer connections, physical movement, creative expression, and fun!

Preteen Outreach Worker
Cell: 604-258-8750
Instagram: nsnh_youth_outreach

Youth Services Manager, Dave Huber
Email: dhuber@nsnh.bc.ca
Tel: 604-987-8138

Spring programs for pre-teens

Youth Centre at JBCC, 145 West 1st Street
Tuesday: 3:30-5:30pm

Lynn Valley Recreation Centre, 3590 Mountain Hwy
Wednesday: 3:00-5:00pm

OVERVIEW:

- NSNH Youth Outreach Workers
- Queen Mary Family Learning Program
- Presentation House Theatre
- The Polygon Gallery
- North Shore Neighbourhood House
- Neighbourhood Small Grants
- NV Recreation & Culture
- MONOVA
- North Vancouver City Library

Queen Mary Family Learning Program

A PROGRAM FOR NEWCOMERS WITH CHILDREN IN NORTH VANCOUVER SCHOOLS

In this FREE program, participants get to learn and practice English language skills, meet others in the community, and learn about Canadian schools, community services and much more.

For more information and to sign up, contact Ana Fortes:

Phone: 604.986.1911

Email: qmflp@capilanou.ca

Mondays, 1-3pm

Thursdays, 9-11am

At St. John's Anglican Church

220 West 8th St. - North Vancouver

PHT Presents:

LEARNING AND FORGETTING FOR AGES 3-7

Young Eva is excited to learn new words and ideas. Her beloved Grandpa forgets – his memories and words aren't close at hand anymore. But that doesn't keep them from playing in the present and creating new stories together. This joyful learning in place theatrical experience for kids ages 3-7 explores intergenerational love with warmth, laughter & puppetry.

Eva and her brother lift Grandpa's spirits on moving day as he transitions into a new home. Follow along as they find joy in the moment and learn understanding for a lifetime.

April 28 – May 7, 2023

Spanish Language Performance:
May 6 at 11:00am

Visit www.phtheatre.org for tickets and more information.

The Polygon Gallery

KIDS FIRST ON SATURDAY + SUNDAY

Kids First is an opportunity for families of all kinds to create an in-house art project, based on the exhibitions being shown in the Gallery. The projects are geared towards children ranging in age from 5 to 12 years old, though there is no age requirement to participate. All children must be accompanied by an adult.

The April's activity is inspired by our spring exhibition, As We Rise: Photography from the Black Atlantic.

**Sessions take place at 10:15,
11:15, 1:00, 2:00, and 3:00.**

Advance registration is appreciated but, but walk-ins are always welcome at Kids First.

Visit thepolygon.ca for advance registration and more information.



School Age programs

Spring 2023 recreation programs for the school age at the North Shore Neighbourhood House:

Private Piano Lessons 5-16yrs

A great opportunity to explore your interest in musical expression in a fun and friendly environment. Learn the fundamentals of playing including reading, basic techniques and music appreciation. No previous background in piano required.

Private Guitar Lessons 8-12yrs (Beginners)

This is a class that requires no previous experience on guitar. Learn basic chord structure, single note reading and strums in the open position. Please bring your own guitar.

Jazz & Hip Hop 6-9yrs

Includes a variety of dance styles including jazz & hip hop styles with learning short compositions in each style.

Register at:
www.nvrc.perfectmind.com



Neighbourhood Small Grants

Ideas that Connect Neighbours

Magic happens when neighbours connect. Apply for up to \$500 and bring your project idea to life! Applications are now open:
<https://neighbourhoodsmallgrants.ca/>

Need help with your application? Please contact Amal Hasan,
NSG Coordinator
ahasan@nsnh.bc.ca

School Age programs

Check out the programs in arts & culture, sports, and other activities offered for school age children at different locations throughout the North Shore:

Sculpture & Mixed Media 8-12yrs (JBCC)

Join artist Wei-Chen and learn the basics of sculpture while also expanding your creativity through mixed media art. Supplies provided.

Volleyball Learn the Skills 9-12yrs (JBCC)

This program is geared towards players looking to enhance and develop their volleyball skills in a fun, inclusive, learning based environment. Beginners can look forward to basic skill instruction; while more advanced players will have an opportunity to focus on developing positive habits. The course will incorporate Tripleball to promote better skill development, participation, meaningful competition, and fun.

Creative Dance 8-12yrs (JBCC)

Join dance instructor Virginia and be guided to work creatively and collaboratively as you learn dance and movement. After warming up, you will practice jumps, spins, leaps and more! All will be invited to experiment and try different movement ideas and all will learn through play, cooperation and the sharing of dance through group choreography.

Visit nvrc.ca for more information.

SENSORY FRIENDLY SUNDAYS

Sensory Friendly Sundays offer neurodivergent individuals, their families and caregivers the ability to visit the museum on the first Sunday of every month. Visitors will enjoy a calm, relaxed and safe atmosphere.

On Sensory Friendly Sundays, adaptations will be made to the exhibits, such as lowered lighting and sound adjustments for a more relaxed visit. A quiet space will also be available for visitors who need a break. As part of your visit you will have the use of a Discovery Pack.

The North Shore Disability Resource Centre will have their Snoezelen Van onsite from 10:00 am to 1:00 pm. Snoezelen, or sensory rooms, provide therapy by creating a soothing and stimulating environment that engages the senses through lights, colour, music and tactile objects which provide texture and comfort.

Sunday, April 2, 2023

10:00 am to 5:00 pm

Included with admission

2023 dates: May 7, June 4

Visit monova.ca for more information.



Tween challenges event: minute to win it!

Get ready to compete in the Tween Challenges "Minute to Win It" event, brought to you by your Tween Advisory Group (TWAG).

Tweens can register in groups of up to 5 competitors, or if a tween wishes to sign up individually, they can join another group on the day. Each group will compete in series of "Minute to Win It"-style challenges, earning points throughout the event. The group with the highest score of points at the end wins the Tween Cup of Awesomeness!

Some of the challenges include:

- The Pom-Pom Scoop
- Go Fish(y Cracker) Transfer
- Balloon Pyramid
- The Ultimate Kahoot trivia
- ... and others!

Got questions about the event? Please forward those onto info@nvcl.ca

For grades 5 to 7

Saturday 2:00-3:30pm

April 15, 2023

Second floor teen room

Check out nvcl.ca for more information.