


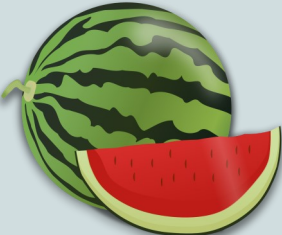



# Western Ottawa Community Resource Centre Youth Programs

May – June 2023

Centre de ressources communautaires d'Ottawa oust  
Programmes pour Jeunesse et adolescents

Mai – Juin 2023

Location / Lieu	MON-LUN	TUES-MAR	WED-MER	THUR-JEU	FRI-VEN	SAT-SAM
<b>Kanata</b> Lion Dick Brule Community Centre (170 Castlefrank Rd)	<b>The Zone Drop In</b> Youth 12-17 5:00pm-8:00pm			<b>Queerios Drop In</b> Youth 12-17 5:00pm-8:00pm		
<b>Carp</b> Huntley Centennial Public School (118 Langstaff Dr)		<b>Get Movin'</b> Youth 9-15 2:30pm - 5:30pm Ending date: June 6				
<b>Dunrobin</b> West Carleton S econdary School (3088 Dunrobin Rd)			<b>The Zone Cooking                      Program</b> West Carleton Students 3:00pm—5:00pm Ending date: June 14			
<b>Richmond</b> South Carleton Secondary School (3673 McBean St)	<b>Collaborative                      Crafts</b> South Carleton Students 2:30pm—4:00pm Ending date: June 12					

# Program Descriptions / Descriptions de programmes

## The Zone Kanata (Drop in)

The Zone is a supportive, counsellor-facilitated positive mental health drop-in program for youth 12-17 with a focus on social activities, skill-building, and connecting youth to resources in their community. We have therapeutic activities including art, sports, and games that focus on positive coping skills and facilitate healthy relationships. On-site counselling is available to all youth. Dinner served weekly. The program runs Monday from 5-8 pm.

This program is available in English only. For similar services in French, please visit the Youth Services Bureau or call 613-729-1000.

Ce programme est offert en anglais seulement. Si vous souhaitez recevoir des services en français, veuillez communiquer avec le Centre au 613-591-

## Queerios (Drop in)

Queerios is a drop-in program for youth 12-18 who identify as LGBTQ+. Like The Zone, it has a focus on social activities, positive mental health, skill-building, and connecting youth to resources in their community. On-site counselling is available to all youth. Activities include art, sports, and games, as well as dinner served weekly. The program runs Thursday from 5-8 pm.

This program is available in English only. For similar services in French, please visit the Youth Services Bureau or call 613-729-1000.

Ce programme est offert en anglais seulement. Si vous souhaitez recevoir des services en français, veuillez communiquer avec le Centre au 613-591-3686

## Get Movin'

Get Movin' is a free after-school program that aims to embrace the positive atmosphere that physical activity can create for children and youth ages 9 – 15 in our rural areas. The goal of our program is to providing an inclusive, collaborative environment focused on play and learning. We will be providing healthy snacks for children and youth attending our program. This program is for students who attend Huntley Centennial Public School.

This program is available in English only. For similar services in French, please visit the Youth Services Bureau or call 613-729-1000.

Ce programme est offert en anglais seulement. Si vous souhaitez recevoir des services en français, veuillez communiquer avec le Centre au 613-591-3686

## The Zone West Carleton Cooking Program

The Zone at West Carleton Secondary School is a free, cooking-based program that will teach participants important cooking and kitchen safety skills. The goal of the program is to provide a safe space for youth to connect with their peers through the learning and cultivating of kitchen skills. We look forward to what kind of creations you will be able to make with us! This program is for students who attend West Carleton Secondary School.

This program is available in English only. For similar services in French, please visit the Youth Services Bureau or call 613-729-1000.

Ce programme est offert en anglais seulement. Si vous souhaitez recevoir des services en français, veuillez communiquer avec le Centre au 613-591-3686

**Please note that this program ends on June 14**

# Program Descriptions / Descriptions de programmes



To keep up-to-date, please check out the program information at:

<https://wocrc.ca/programs/youth-12-18-years/>

## Collaborative Crafts

The Zone South Carleton - Studio Night is an art based program that aims to engage with youth through art based activities as well as art based media. This program is meant to provide a safe space for youth to connect with each other while also enjoying art! Snacks will be provided. This program is for students who attend South Carleton High School.

This program is available in English only. For similar services in French, please visit the Youth Services Bureau or call 613-729-1000.

Ce programme est offert en anglais seulement. Si vous souhaitez recevoir des services en français, veuillez communiquer avec le Centre au 613-591-3686

**Please note that this program ends on June 12**

**To register for a Drop-in Program:** You can register for any drop in program by emailing [youth@wocrc.ca](mailto:youth@wocrc.ca) or by simply showing up at the program and filling out a registration form once you arrive. There is no need to preregister.

**All Other Programs:** To register for our non drop in programs, you must email [youth@wocrc.ca](mailto:youth@wocrc.ca). Some programs may have capacity limits.

Have questions about the programs? Email [youth@wocrc.ca](mailto:youth@wocrc.ca) or give us a call at **613-591-3686 x261**