

next week at colquitz

friday, october 17, 2025

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

We hope everyone had an enjoyable Thanksgiving weekend with their friends and families.

The short week flew by, and just a reminder that next week is another short one with Friday being a ProD Day. Next week is also PHOTO RETAKES on Tuesday as well as Parent-Teacher Conferences on Wednesday. A reminder that students are dismissed at 1:49pm that day. Students are not allowed to go on other school's property during school hours, so please remind them they should not try to visit other schools at that time.

Wednesday is also when you can pick up the apples you ordered from the PAC fundraiser. More information is on Page 3 of this newsletter, and was emailed, but you can come by between 2pm-6pm to pick them up. Thanks for your support!

And please don't forget to come by our Book Fair from Tuesday to Thursday, and encourage your children to see what they'd like as well. Some easy holiday shopping!

This week we had the Great Shake Out to practice our Earthquake Drill, and Friday, Grade 7s in Red Pod went on a field trip to French Beach. Enjoy these photos of their experience.

Have a wonderful weekend with your friends and family.

- Carrie Schlappner, Principal



next week at a glance

- | | |
|-------------------|---|
| Monday, Oct 20 | <ul style="list-style-type: none">• Yom Kippur• Diwali/Deepavali |
| Tuesday, Oct 21 | <ul style="list-style-type: none">• Photo Retakes• Book Fair• PAC Meeting @ 6:30pm |
| Wednesday, Oct 22 | <i>Parent-Teacher Interviews, Book Fair and Apples Pick-up 2-6pm</i> <ul style="list-style-type: none">• Early dismissal @ 1:49• Conferences 2:30-7pm (dinner break 5:30-6pm) |
| Thursday, Oct 23 | <ul style="list-style-type: none">• Indigenous drumming @8.20am in foyer (everyone welcome, no experience required)• Book Fair |
| Friday, Oct 24 | <ul style="list-style-type: none">• Pro D Day (NO SCHOOL DAY) |

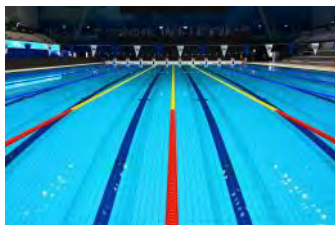
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upcoming important dates—*mark your calendars!*

Friday, Oct 31	- Hallowe'en
Monday, Nov 3	CPAPA Meeting @6.30pm
Wednesday, Nov 5	Theatre Pull Out Starts
Thursday, Nov 7	International Inuit Day
Monday, Nov 10	Wreath Bearer Practice Remembrance Day Assembly @ 10.45am
Tuesday, Nov 11	Remembrance Day (No School today)
Monday, Nov 17	CC Day #1 (Early Dismissal @11.45am)

COLQUITZ SWIM TEAM



The Colquitz Swim Team is starting up again on November 7th. The team practices at Commonwealth Pool, Fridays 3:15-4:00pm. This is a fun, skill building opportunity for swimmers who can already swim 25m un-assisted. Spots are still available!

Please register at <https://pcs.poolq.net/program-info/f-a-s-t-schools-program>

or

email msteffens@sd61.bc.ca for more in-

Parent Teacher Conferences Wed,

October 22nd

2:30-7pm (with a a dinner
break from 5:30-6pm)

Early dismissal of students @
1:49pm

Your child's teacher will be
emailing a link for you to sign
up

Looking forward to seeing you!



Reporting

Absences



Please email colquitz@sd61.bc.ca AND your child's teacher if your child will be late or absent, or call the Attendance Line at 250-479-4313.

This is the best way to ensure we get the message and a call-out does not go out to you in error.

Thank you

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Hallowe'en costumes considerations for Families

At Colquitz, we want all students to be mindful of their choices throughout the year in terms of how they might make other people feel.

With Halowe'en coming soon, and in keeping with the Colquitz values of advocating for respect, equity, and appreciation of diversity and inclusion of all (which includes cultural and gender diversity) we wanted to support you in supporting your children in making appropriate choices for their costumes.

Here are some tips in the form of questions to assist you in choosing a costume.

Ask yourself:

- *Is my /my child's costume depicting and perpetuating a stereotype or stigma associated with a particular race, culture, religion or gender?*
- *Does my /my child's costume include a replication of a garment that is a significant component of a particular religion or culture of which I /we do not identify with?*
- *Is my /my child's costume depicting a historical time-period where that look/costume is now considered offensive and discriminatory?*
- *Does my /my child's costume represent elements of a culture or cultural practice that is being commoditized for consumption?*
- *Can I look in the mirror and confidently say that my /my child's costume choice would not be considered offensive to a particular race, ethnic origin, gender or religion?*

Thank you for your help in supporting positive costume choices.



Thank you to everyone who ordered apples!

Our Harvest Apple Fundraiser brought in \$1,164 for the Colquitz PAC to support the awesome students and programs at CMS!

Your apple orders will be ready for pick up as follows:

Date: Wednesday, October 22nd

Time: Between 2:00pm and 6:00pm (during parent/teacher interviews)

Where: Colquitz Middle School, inside the main entrance, in front of the library

- Please remember, if you sold apples to family and friends via your personal sales **link you are responsible for picking up all their orders** and then distributing them.
- If your buyers want to pick up their apples **YOU must share this info with them** - they will not receive updates through the fundraising platform or the school emails.

Thanks again for your enthusiastic support.

We hope you enjoy your delicious apples!

- Colquitz Middle School PAC

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SPORTS @ COLQUITZ

**Here is the schedule for Sports practices and games.
Please check in with your students around information from coaches.**

[https://docs.google.com/document/
d/1ii_RjwQmRWcUiQaguArHIQ6Mj882QdROC2rNWcV1Q5k/edit?usp=sharing](https://docs.google.com/document/d/1ii_RjwQmRWcUiQaguArHIQ6Mj882QdROC2rNWcV1Q5k/edit?usp=sharing)

Oct 20-23	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before school	Girls 8 bball with Patrick. 7:30			Grade 8 Boys Rec and Comp. Practice 715am	PRO-D
Lunch practice	Grade 6 Boys Intramurals	Grade 7/8 Boys Rec and Comp. Practice	Grade 6 Girls Intramurals		
After school practice	Gr 7 boys after school		PARENT-TEACHER INTERVIEWS		
Competition	Girls 7 th comp @home 3:45 VS St. Andrews Boys 7 th comp @ home 5:00 VS St. Andrews	Grade 7 boys comp practice	GR 7 th GIRLS COMP @JOURNEY 3:45 T/O	GR 7 BOYS COMP @SPENCER 3:45 T/O	

Island Boxing Opportunity – Free!

Island Boxing, on Fisgard St., is offering **free time slots on Mondays and Wednesdays between 4-5pm**. All equipment is provided.

Parents can fill out the registration form online:
<https://www.islandboxing.ca/>
or use this email to contact Yves Hebert:
yhebert@sd61.bc.ca



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MUSIC

General updates:

- ⇒ The remembrance day assembly is a few weeks away! Please make sure your student finds and tries their uniform on before shirt orders are due.
- ⇒ If your students miss a day, the agenda of each class in the week is posted to google classroom each Thursday! Look under weekly slides.



Extra help/Practice space is available:

Tuesday: Nut break

Wednesday: Nut break and lunch recess

Thursday: Nut break

Thursday: Lunch (individual help only, due to chamber choir rehearsal in the band room)

Music Shirt Orders: For new students or needing a new size. Due October 30th All music students need a Colquitz music shirt. **They all need a shirt for part of their music uniform.** This uniform is exactly the same for band, choir and strings. The shirts are \$12, and if your student grows, they can be sized exchanged later, given that they are still in good condition.

The order form has all **ADULT** sizes. If you're unsure which size to order, your student can come see Ms. Forster during a break to try on shirts for size.

Students can pay online or take cash/cheque in a bag or envelope with the student's name and division on it and give it to Ms. Forster.

The online payment option should be up soon! There may be a delay, as we will have a new accounts clerk at Colquitz hopefully starting soon! Please get the form returned, and we can extend the deadline for payment to later as needed.

Forms are available from Ms. Forster, and posted on google classroom.

Cont.

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MUSIC

Schedule:

Tuesday:

BAND 7/8 at 7:40 am

8:54 am: Band 6 Green

9:36 am: Band 6 Orange

Lunch: Jazz Band (Please come right at lunch EATING time. Jazz band students eat lunch during silent reading)

Wednesday:

Band 6 Brass/Percussion (Trumpet, Trombone, French Horn, Bass, and Percussion) at 7:40 am. (If your student does NOT play one of these instruments, they do NOT need to attend this class)

10:33 am: Band 7

11:15 am: Band 8

Thursday: Please remind students to bring everything home with them, as there is no school on the 24th.

JAZZ BAND at 7:40 am

8:54 am: Band 8

9:36 am: Band 6 Green (students need a pencil)

10:33 am: Band 7

11:15 am: Band 6 Orange (students need a pencil)

Reminder: If students do not have their instrument/ music, they are still expected to show up to class.

Dates To Note:

Thursday, October 30th: T Shirt order forms due

Monday, November 10th: Band 7/8 plays at the Remembrance day Assembly

Wednesday, December 10th: Winter Concert!

CPAPA News

Please join us for our next meeting in person or online

Monday, November 3rd

6:30pm – 7:30pm

In person: join us in the Art Room at 6:30p

Online:

Video call link: <https://meet.google.com/kfk-wfws-uig>

Please join us to discuss all things Performing Arts at Colquitz!

Please see below for information on our annual
Purdy's Fundraiser!

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Senior Music Tour Fundraiser



Purdys allows us to create individual student accounts, in which the profits raised by each student are deposited into a personalized account. These funds can be used towards the Senior Music Tour, or banked for a sibling's future tour. Due to Greater Victoria School District rules, should the tour not take place, funds raised will not be reimbursed; they will go to future

students in need, or CPAPA student-benefited purchases. Profit on all sales is 25%!

Instructions for Parents of Music Students

Create an account for your student:

Go to: <https://fundraising.purdys.com/2018469-129596>

Click on **JOIN A CAMPAIGN**

Login as a new member

If you have an existing account:

Enter **30524** (this is the Colquitz Customer Number) or email used for previous fundraising

Use your CHILD'S NAME as the account name to ensure the names of supporters and the dollars they are raising is showing beneath their name

To Order Chocolates

To purchase chocolates under your student's account, click on the SHOP ONLINE tab at the top of the page

To Share your Child's Account with Others (top left corner of your student's account)

You MUST invite others through the Purdys website for their orders to contribute to your child's account.

Copy the link using the icon on the Purdys website and paste it in an email or text; or

Press the Facebook or Twitter icons to share on social media

The new customer will join the campaign and sign up the same way, but their order will be nested under your child's order, so we'll know who to attribute the sale to.

Please DO NOT return order forms to the school. Payments and orders are made **online only**.

*****Parents will be responsible for picking up and distribution of their own child's orders**

Deadline for orders: Tuesday, November 25th

Order pickup: TBD please check the newsletter for updated pickup location and time)

NEW PROFIT STRUCTURE:

15% PROFIT FROM \$100 - \$1249.99

25% PROFIT FROM \$1250 - \$4999.99

27% PROFIT FROM \$5000 - \$9999.99

30% PROFIT FROM \$10,000 and above



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Colquitz Middle School BOOK FAIR

Mon, Oct 20th - after school until 3:30pm (NEW!!!)

Tues, Oct 21st - Nutrition break, Lunch Recess and
after school until 3:30pm

Wed, Oct 22nd - Nutrition break, Lunch Recess and from 1:49 - 6:30
during the Parent Teacher Interviews

Thurs, Oct 23rd - Nutrition break

Every purchase benefits our school. School House will donate 20%
of total sales for buying more books & resources for our school.

Organized By:-



SCHOOL HOUSE TEACHING SUPPLIES & BOOKSTORE

Phone : 250-385-9030 | Email : schoolhouseteachingsupplies@shaw.ca
Tillicum Mall, 103-3170 Tillicum Road, Victoria BC



ABOUT

This program is designed for athletes ages 12-15 with competitive swimming experience who will be introduced to biking and running in a supportive and structured environment. With a maximum of 8 athletes per coach, the program provides high quality instruction and individualized feedback.

Athletes will be introduced to the sport of triathlon while engaging in overall development and building connections to the Victoria Triathlon Collective training group, and Triathlon BC.

This program emphasizes both athletic growth and personal development. Each athlete is supported at their current stage and journey in triathlon with an emphasis on developing sport-specific skills, building values that extend beyond sport, and of course— fun!

The program runs with a goal of training towards the Victoria Youth Triathlon and Triathlon of Compassion in June, and the BC SuperSeries.



PROGRAM

94 Forward supports triathletes in the Victoria Triathlon Collective (VTC) who are pursuing excellence at the national and international level. Kelly Guest, BC Provincial & VTC coach, serves as a guide for the program, which is coached by Jamie Barker. Jamie is a member of the VTC, and a 2022 Canada Summer Games Triathlete.

DATES

Oriental: Thursday, October 7,
online, 8pm
Start Date: Thursday, October 9
Fall registration is 15% off!



REGISTER HERE

events: 94forward.ca

@94forward

staff@94forward.ca



MENTAL HEALTH DAY 2025 VCPAC EDUCATION TOWNHALL

**ENGAGING SPEAKERS.
ENGAGED COMMUNITY.
FOCUS ON
MENTAL HEALTH.**

Thu 23 OCT
2025

6:30 - 8:30
PM PM

Spectrum Theatre
957 Burnside Rd W.
Saanich, BC



Parents, Caregivers, & Students
All Welcomed!
Childminding On Site
Register Now



Make New Connections

Connect with other parents, PAC members, advocates, and support organizations in your community.

Engage With Speakers

Learn about your rights and discuss new approaches to child and youth mental health.

Access Resources

Get answers to your questions from District Leadership and take home information sheets and handouts.



PANELIST

Rachel Trebilco
District Vice-Principal
Indigenous Education

SPEAKER

Michael Harvey
Information and
Privacy Commissioner
of BC

PANELIST

Tracy Humphreys
Director of Operations
Family Support Institute
of BC

PANELIST

Monique Moore
Registered Clinical
Counsellor

Supporting Community Partners:



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FamilySmart
Together-Centred

FamilySmart is offering a range of free resources, workshops, and events this month designed to support parents and caregivers of children and youth experiencing mental health or substance use challenges. Please see below for details and registration information.

🗨 Monthly Event: Emotion Regulation

Join us for a video presentation and discussion with Nicole Allen, Clinical Counsellor at Fraser Health's START Program.

📅 **Event Dates:** 3 sessions available this month

👤 **Facilitated Discussion:** Led by a FamilySmart Parent Peer Support Worker

🔗 **Register Here:** familysmart.ca/monthly-events

▶ **Watch the Video Now:** [Emotion Regulation – Nicole Allen](#)

💖 Peer Support for Families

I'm available to connect via **video chat, phone, or email** to:

- Listen and understand your current challenges
- Offer emotional support
- Share local resources and services tailored to your family's needs

📅 **Book a free session with me:** <https://lisatate.youcanbook.me/> Telephone: 250- 940-6105

☑ No waitlist & no cost.

📖 Explore More Topics

We host monthly online events with expert speakers and offer space for discussion and connection.

🔗 **Sign up here:** [FamilySmart Monthly Events](#)

📺 **Watch previous topics:** <https://familysmart.ca/videos/>

🏠 Help for the Hard Times

A monthly workshop for families whose child or youth has:

- Been a patient at Victoria General or Royal Jubilee Hospital, or visited the ER for mental health or substance use concerns.

💡 **Learn more:** <https://familysmart.ca/help-for-the-hard-times-workshop/>



FamilySmart
Together-Centred

OCTOBER

This month, FamilySmart is here with spaces for you to connect, learn, and feel supported:

[Free Online Events](#): Join our Fall Series as we discuss ADHD and OCD.

[In-Person Events](#): Opportunities to come together with other parents and caregivers in Richmond and Cowichan Valley.

[Family Peer Support](#): Free, no-waitlist support from people who have been there too.

ADHD – The Real Deal

Obsessive Compulsive Disorder: It's more than overwashing your hands



[Join us online. It's free](#)

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Hamper Application Guidelines Christmas 2025



Clients who are or have been connected to BGCA programs and services during this calendar year (January to December 2025) are eligible for referral.

Hamper application forms need to be returned to Karen Bahrey by Friday November 3, 2025. Please put your application forms in my mail box, email them to: karen@burnsidegorge.ca or fax to 250-388-5269. **Please submit application forms as soon as possible to ensure that your referral is sponsored by BGCA. If you have any questions or need an extension to hand in an application please contact me.**

It is essential to inform the family, when you are referring them that they **are only allowed to apply with one agency for a Christmas Hamper.**

Our hamper program and the Christmas Giving network are all connected and we do check to make sure that no family is duplicated in Victoria, Sidney, and the Western Communities. The referring staff member will be contacted if the referred family is sponsored by another organization and we ask that you contact the family.



The referred youth or family will be contacted by email to confirm BGCA's sponsorship. Every effort will be made to distribute hampers between December 15th and 23rd.

Families will receive an email or phone call to inform them their hamper is ready. We encourage families to pick up their hamper (without their children present). In the event pick up is not possible, it is the responsibility of the referring staff to organize delivery.

Please contact Karen at: karen@burnsidegorge.ca or call: 250-388-5251 if you have any questions or concerns.



Christmas Hamper 2025 **Application For**

Please print clearly – The application deadline is November 1, 2025

First and Last Name: (as appears on your I.D.)		
Address: Apt #	House #	Street Name:
City:		Postal Code:
Is this address a multifamily house? ☐ Yes ☐ No If yes, how many families live at this address:		
Email Address:		
Phone/Cell Number required:		
Please discuss any special circumstances with your Burnside Gorge staff member.		

Preferred store to purchase groceries - ☐ Walmart ☐ Thrift Foods ☐ Fairway Market ☐ Country Grocer

I give permission to BGCA to provide my family's first names to the hamper sponsors ☐ Yes ☐ No

I would be happy to provide a memory, card or some Christmas pictures to pass onto the hamper sponsors. ☐ Yes ☐ No

Please include all family members and the relationship to the applicant (partner, child, grandparent). (Please print clearly)

Name	Birthdate	Age	Pronouns	Relationship to applicant

Wish List & Gift Ideas: to help sponsors fill your hamper, please share more information about your child(ren) - interests, activities & hobbies, favorite colors, etc. Please include sizes for clothing and

shoes if on the wish list. **PLEASE NOTE: We cannot guarantee that you will receive the items you've listed.**

Parent(s)/Caregiver(s) name(s): (gift value up to \$75. per adult)

Child's Name: (gift value up to \$150.)

Child's Name: (gift value up to \$150.)

Child's Name: (gift value up to \$150.)

Child's Name: (gift value up to \$150.)

Child's Name: (gift value up to \$150.)

YOUR SIGNATURE IS REQUIRED:

Signature of applicant: _____Date: _____
Please share how you are involved with Burnside Gorge Comm Centre January 2025 - present:

Staff name: _____Staff Signature: _____

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Teen and Youth Groups happening, HELP US FILL THEM!!

Worried about fitting in? Being a teenager is tough. This program is designed to help them navigate it with strength. They can learn how to be true to themselves. Unlock their potential so they can thrive.

They can join us this fall, meet like-minded peers, be guided by trained mental health professionals and get a free workbook and a gym membership. They might even have some fun! 😊

This group is not intended for people who experience high levels of anxiety. We do individual intakes after the info sessions to determine if the group is a good fit.

⇒ Victoria location: Wednesdays September 24 and October 1, 2025 (Oaklands Community Centre or Downtown Y (TBA) at 6:15 to 8:15 pm.

- The group will run on Wednesdays October 15- November 26, 6:15-7:45 pm at Oaklands Community Centre.
- The group will run on Tuesdays October 7- November 25, 6-7:30 pm, same location.

Please contact me with any questions. Here is a link to our website for more information and to register for one of our information sessions:

[Y MIND PROGRAM](#) or use the QR code:



TEEN LEADER SHIP PROGRAM

Fall 2025 Teen Cohort Dates (Ages 13–18)

- Session 1: **Sunday, October 12, 2025** – The Ripple Effect
- Session 2: **Sunday, October 19, 2025** – Attitude Creates Your Life
- Session 3: **Sunday, October 26, 2025** – The Moment You Stop Blaming, You Take Back Your Power
- Session 4: **Sunday, November 2, 2025** – Take Action! With Small Steps
- Session 5: **Sunday, November 9, 2025** – Fail Forward to Success
- Session 6: **Sunday, November 16, 2025** – Drive Your Life with Powerful Habits

- Session 7: **Sunday, November 23, 2025** – Be A Student of Life

- Session 8: **Sunday, November 30, 2025** – Momentum is Your Responsibility

- Session 9 (Graduation): **Sunday, December 7, 2025**

Volunteer Hours

Each student who participates in the program receives **15 volunteer hours** that can be applied toward graduation requirements.

Registration

Students can register directly here: <https://linktr.ee/youthempoweringyouth>

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NAVY CANADA MARINE ROYAL CANADIAN NAVY

Sailor for a Day

Experience what it is like to be part of our Navy Team!



Try a day in the life of a sailor with the Royal Canadian Navy



SCAN ME

OUR U13B VIPERS TEAM IS STILL LOOKING FOR A FEW MORE PLAYERS



Never played or curious about our club and wanna check it out?
We'd love to meet you!
Let us know:
viewroyalfastball@outlook.com

COMMUNITY EVENTS FOR ALL!

COME RUN AND CHEER ON THE VIKES!



CANADA WEST CHAMPIONSHIPS
CROSS COUNTRY 2025

OCTOBER 25TH, 2025
@ ROYAL ROADS UNIVERSITY
HOSTED BY:
THE UNIVERSITY OF VICTORIA VIKES

WEST SHORE PARKS & RECREATION
RUNSPORT
HOKA

COMMUNITY RUNS:
10:00AM - 1KM KIDS SUPER HERO RUN
Sponsored by Westshore Parks & Recreation
10:30 AM - COMMUNITY 8KM & MIXED 4 x 2KM RELAY
Sponsored by RUNSPORT



SCAN or VISIT:
govikesgo.com/crosscountry

UVIC VIKES RACES:
12:00 PM - CANADA WEST WOMEN'S 8KM
1:00 PM - CANADA WEST MEN'S 8KM



2 BUSCH LEGACY FOUNDATION
Island Savings COMMUNITY ENGAGEMENT
Greater VICTORIA School District
BRITISH COLUMBIA Gaming Commission

HOMEWORK CLUB



Homework Club is a fun and welcoming environment for newcomer, immigrant and refugee students grades 1-7. There will be volunteers to help with homework and fun activities.



STARTING OCTOBER 7TH, 2025
TUESDAYS 3:30-5:00 PM
VICTORIA IMMIGRANT AND REFUGEE CENTRE SOCIETY
1004 NORTH PARK STREET
TO REGISTER, EMAIL: [KIMIA@VIRCS.BC.CA](mailto:kimia@vircs.bc.ca)

VICTORIA FOUNDATION
United Way Southern Vancouver Island
TELUS
TELUS Friendly Future Foundation

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Greater VICTORIA School District

Youth Night

Youth Night will be starting October 2nd from 4:00 PM to 6:00 PM every Thursday at the NLC.



Come Join Us!

Mark your calendars! We have a lineup of events planned for everyone. All newcomer immigrant and refugee students in grades 8-12 registered in School District 61 are welcome to join us at the NLC (located at Victoria High School).



If you enjoy arts and crafts, games, and other fun activities planned by VIRCS staff and volunteers please contact enable@vircs.bc.ca for any questions.

TELUS **TELUS Funds Future Foundation** **VICTORIA FOUNDATION** **LEGACY** **BRITISH COLUMBIA** **United Way Southern Vancouver Island** **Canada** **FIRST WEST FOUNDATION**

Saanich PARKS, RECREATION & COMMUNITY SERVICES

PEARKES YOUTH CENTRE (FLIPSIDE) WEEKLY CALENDAR

10-17yrs

Sept-Dec 2025

Monday After School Drop-in 3:30-5:30PM (FREE) Girls on the Go - Girls Group 6:00 - 8:00 PM (FREE)	Tuesday After School Drop-in 3:30-5:30PM (FREE) Magic: The Gathering Club 6:00 - 8:00 PM (FREE)	Wednesday After School Drop-in 3:15-5:15PM (FREE) Pearkes Youth Art Hive 6:30 - 8:30 PM (FREE)	Thursday Homeschool Social Drop-in 12:00 - 2:00 PM (FREE) After School Drop-in 3:15-5:15PM (FREE) 2SLGBTQIA+ Dinner + Social Drop-in 6:00-8:00PM (FREE)
Friday After School Drop-in 3:15-5:15PM (FREE) Pizza, Skating & Movie 5:45-9:00PM (\$5)	Saturday BIRTHDAY PARTY RENTALS 11:00AM - 1:00PM OR 2:00-4:00PM \$170	SCAN TO REGISTER 	

Program Info

Closed on STAT Holidays and some Pro-D days
 All programs are free or low cost for the community

- Drop-in Programs include snack
- Registered Program

HOW TO REGISTER:

1. Online via Saanich RecOnline site, through the above QR code, or through this direct LINK
2. Phone: 250-475-5462
3. In person at G.R. Pearkes Recreation Centre Reception

G.R. Pearkes Recreation Centre
 3100 Tillicum Road Victoria, BC V8A 6T2, 250-475-5400

The Youth Centre entrance is located beside the 5 minute loading zone parking at the front of the building

Saanich

SAANICH YOUTH SERVICES 2SLGBTQIA+ DINNER + SOCIAL

Ages 11 - 17

FLIPSIDE YOUTH CENTRE @ PEARKES REC CENTER
 THURSDAYS 6:00 - 8:00PM
 DINNER INCLUDED, DROP IN OR REGISTER ONLINE

CLICK TO SIGN UP




WWW.SAANICH.CA 250 475 5462 TYLERA.SMITH@SAANICH.CA



No cost to participate!

Learn to Cope with Stress Y Mind

Ages Teens 13-18 Youth 18-30

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Our FREE FALL Y Mind groups are:

- Teens-Tuesday evenings @ 6 pm, Oct 7- Nov 25, 202-1314 Lakepoint Way.
- Teens-Wednesday evenings @ 6 pm, Oct 15- Nov 26 at Oaklands Comm. Centre

For more info please contact: mindfulness@vancouverisland.ca or call 778-584-7360
 Please contact us if you are interested in a Youth (18-30) group, we can build it.

This free program is run by caring, trained staff, in a safe supportive environment.



*Use the QR code to register for required info session

<https://vancouverisland.ca/program-services/community-health/mental-wellness/>

BRITISH COLUMBIA