



Okanagan Boys & Girls Clubs

A good place to be

SPECIAL
POINTS OF
INTEREST :

- > New Youth Options Program
- > UNITY- LGBTQ CLUB
- > Rainbow Day
- > Boys and Girls Club Birthday
- > Community Garden
- > Mural Project

INSIDE THIS
ISSUE :

Community Garden	2
UNITY LGBTQ Group	2
Mural Project	2
YES Employment Program	3
Club 180, Shelter, Reconnect	3
Youth Corner	4
Boys and Girls Club Birthday	4

NEW PROGRAM AT THE BOYS AND GIRLS CLUB:
YOUTH OPTIONS

The Youth Options Project

The Youth Options Project is a community-based initiative that provides at-risk youth between the ages of 13 and 18 with structured, interactive group life-skills and recreational opportunities during evenings and weekend hours. The project is delivered within the Central Okanagan, with locations in Kelowna and on the Westside. The program runs in 12 week cycles and is designed to improve the health, safety and overall well being of identified at-risk youth by:

- Facilitating the

development of healthy attitudes, resiliency and coping skills

- Promoting healthy behaviours, supportive environments and opportunities that discourage illicit drug use
- Improve youth knowledge of and access to community services that assist in reducing drug use among at-risk youth

For more information or to obtain a referral form please contact Krista

Germyn: (250) 869-6983
or at
kgermyn@boysandgirlsclubs.ca.



KELOWNA YOUTH HAVE A WHOLE LOTTA PRIDE

On June 30th The Downtown Youth Center celebrated Rainbow Day 2009—A day that purpose was to bring awareness to the issues facing the LGBTQ Community in Kelowna.

Through celebration , informative posters. Rainbow Day was a huge success with the youth enjoying such things as dye dyeing , cupcake eating and bracelet making to

show their pride in themselves and their community. This celebration took place during the Rainbow Coalitions Pride Week throughout the city. The downtown youth



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COMMUNITY GARDEN

Through donations and a grant through ____ we were able once again this May to plant a Community Garden. The garden has a plethora of vegetables such as : Carrots, potatoes, beans, lettuce. Herbs such as basil and chives

and strawberries and sunflowers as well. The community garden is an important

project because it allows the youth to:

- 1) learn more about where food comes from.
- 2) Gain some employable skills in relation to garden work.
- 3) Take pride in the center and participate as a positive member of the community.
- 4) Enjoy fresh organic fruits and veggies at

lunch that they themselves planted.

The products of the harvest will be shared during a community feast in the fall and used in the late summer for lunch at Club 180.

If you have any questions or wish to know more



“What is a weed? A plant whose virtues have not yet been discovered” - Ralph Waldo Emerson

UNITY

UNITY is a weekly place to meet for LBGTTQ youth (Lesbian, Bisexual, Gay, Transsexual, Transgender and Queer.) within the downtown center. The purpose of the group is to provide a safe space to hang out, find support and do recreation activities for those who are-

and those who support LBGTTQ youth. The group is youth driven with the youth deciding what type of activities they wish to do. The group is called UNITY because the youth thought it was extremely important to focus on the similarities and experiences they shared. The group is also a way to connect youth with information on LBGTTQ events

and education throughout Kelowna.

Through UNITY workshops have been put on for Club 180 as well as the B&G Club staff on topics such as: homophobia, transgendered youth and inter-sexed youth.

If you have any questions about the group or interest in joining the group please email **Jess** at : **club180@boysandgirlsclub**



MURAL PROJECT

During the Christmas season Opus a local Art Supply Store gathered donations for the Downtown youth center—promising that they would match any donation dollar for dollar with an Opus Gift Card. The club decided to use the funds on creating a mural in the center. Throughout the next

month youth will work/help staff with the mural, giving insight on what they want it to look like. This mural will be unveiled to the community at the Boys and Girls Club Birthday Party in September.

Thank you to Opus for their extremely kind donation.





Okanagan Boys & Girls Clubs

YES AND RECONNECT

YES is a service for people between 15 and 30 looking for employment.

- Job Search; Transportation provided, individual support, bus pass issued.
- Employment Skills; Resume/cover letters, Applications, Interview skills, Reference develop-

ment, Networking, Employer expectations, Job search clothing.

- Personal Management Skills; Communication in the workplace, Problem solving, Stress reduction, Workplace safety.

Contact Yes at: caronetz@boysandgirlsclubs.ca

RECONNECT is a program that provides outreach, support, advocacy, referrals and mediation for at risk youth or youth that are homeless or experiencing conflict in the home. Reconnect works with youth between 13-18. Open 12-8pm Monday to Friday.

There are three Reconnect Workers: Nikki and Gayle 869-4433 or 870 7231 and John in West Kelowna 859-2524

"The stay at the shelter/youth center is a very comfortable spot for youth like me. To stay out of trouble and to get my feet back on solid ground" - Youth Age 17

SHELTER

Is a voluntary resource for youth ages 13-18 that are homeless (absolute or relative) or at risk of homelessness and have no safe alternatives. The resource is open from 8pm to 8am, 7 days a week, 365 days per year. Youth may refer themselves to the pro-

gram or be referred by anyone in the community. The shelter operates on a first come first serve basis and accommodates up to 10 youth per evening. Males and females are housed in separate areas of the shelter. If the resources are full,

all attempts will be made to connect youth with another community resource. Intakes are done til 2am. To contact the shelter call—250-868-8541 ex.9



CLUB 180

Club 180 is a drop-in centre and resource program that provides services for at risk youth aged 13-18. At the club youth can: enjoy activities, work on life skills, build healthy relationships with program staff and peers and experience opportunities they would otherwise not have

access to. Through relationships based on honesty, sincerity and mutual respect young people are empowered to realize their own self worth capacity and creative potential.

Some of the services we offer include:

- Lunch

- Arts/ Crafts
- Weight Gym and Sports
- Field Trips to local Rec. activities
- Showers/towels
- Connections to other services

I am one you yell at
I am the one you scream at
I am the one you swear at
I am the one you punch at
I am your son. And no matter
What you do I love you
- by youth age 17

YOUTH CORNER:

"The downtown Youth Centre is like my second home. Without the centre I would be on the streets now. The centre is a safe place for me to come and do activities with the nice staff and hang out with friends. At times my family has been short on food and I can always come to the centre to get a meal at lunch time." - youth age 15

"Club 180 is pretty sweet. I messed up a couple of times but the staff is really chill. They helped me when I needed them most and I am forever grateful of that. They welcomed me with open arms and more respect I could ever have asked for"
- youth age 18

You meet new and wonderful people at the youth centre.. I play pool and basketball with the majority of people that you meet. The staff members here treat you like gold to a certain point. - youth age 17

"It was total luck for me to find the shelter. I was heading towards the mountains up Glenmore rd. To find a place to sleep and club 180 was having a bbq outside. I was hungry and tired and the club and the shelter gave me those two things for free. Therefore, I am greatly grateful and always will be. Thank you to the staff and congrats for all your efforts to make this place a good place to be.."-youth age 18



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We Are On The Web! : www.boysandgirlsclubs.ca

Boys and Girls Club Birthday

Fall 2009 is the Okanagan Boys and Girls Clubs 50th Anniversary. The Week of September 28, 2009 -October 3, 2009, we will be hosting events throughout the Okanagan Valley to Celebrate. On October 1, 2009, our centre plans to hold a neighbourhood BBQ and youth concert showcasing some of our youths talents in the arts. Look for more detail in our next newsletter in early September/09!