

WINTER PROGRAMS!

January to March, 2012

FREE to all Ajax-Pickering youth, ages 13 to 29

For more information or to register for a program

Please call:

905-428-1212

Visit our new website
at...

www.theyouthcentre.ca

Group program start dates!

Call to arrange an appointment

Healthy Eating, 1 on 1 Meet with the Registered Dietitian to learn about healthy eating, weight management, Fad diets, vegetarian diets, sports nutrition, prenatal nutrition and much more. The Dietitian can also help you with personalized meal plans and making healthy choices to improve your health. **No referral necessary.**

Talk to Youth Centre staff for more info

Mind Your Mood Program, for an assessment and referral to the program, speak to Medical/Social Work staff

Call to arrange an appointment
The Youth Centre

An early intervention, treatment for youth with symptoms of depression and/or anxiety. Program consists of group workshops and individual counseling meetings. **Family/guardian involvement is recommended.**

Call to arrange an appointment
The Youth Centre

Introductory Session A one hour, single-session workshop designed to introduce youth to service offered at The Youth Centre and the possibility of one-on-one counselling or group counselling.

Tues Jan 31, 5-6pm
Wed Mar 7, 4-5pm
The Youth Centre

Be Open, Not Defensive (BOND) Youth often *over-react* to feedback they receive from parents, teachers, employers and customers. This single session workshop will help youth become more aware of their *defensive reactions*, and learn how to respond to *seemingly* critical adult messages, with greater self-control over their emotions. **Pre-registration is required.**

Wed Feb 15, 4-5pm
The Youth Centre

Breaking the Procrastination Habit This single session workshop is for those who recognize they have a pattern of postponing, delaying, or putting off relevant activities. Registrants will explore their unique avoidance patterns and consider strategies for habit change. **Pre-registration is required.**

Feb 21, 28
Mar 6
6:00pm-7:00pm
The Youth Centre

Conversation Skills Group This group experience offers high school students a chance to improve conversation skills, to help overcome shyness and social anxiety. The 3 meetings provide opportunities to learn and practice skills with group members.

Tues Jan 31, 6:30-7:30pm,
Tues Mar 7, 3:30-4:30pm
The Youth Centre

Short on Sleep A single session presentation for youth experiencing frustration about not getting enough sleep. Topics include the impact of poor sleep on personal functioning, the nature and type of sleep difficulties and strategies to improve sleep. **Pre-registration is required.**

Jan 16, 23 & 30
Lincoln Alexander P.S.
95 Church Street. N Ajax

****NEW** Bollywood Dance Program**, Monday evenings 6:00-7:00pm

Sign up for this **FREE** youth-led program, and learn how to tell a story through movement, Bollywood Style! For youth 13-18. All skill levels are welcome, snacks provided. **Pre-registration is required.**

Individual Support

Talk to Youth Centre staff for more info

SHINE (Supporting Health Through Insight, Nutrition and Exercise) A 10 week, individual healthy weight management program for youth and young adults ages 13 to 29 in Ajax & Pickering, offered by a team of health professionals, including a Nurse Practitioner, Therapist, Dietitian, and Health Promoter. These sessions aim to support participants in starting to eat healthier, become more involved in physical activity, find more support from the people around them, to change the way they approach their goals, and learn to achieve and maintain a healthier weight. **Contact The Youth Centre to set up an appointment.**

Talk to Youth Centre staff for more info

Quit Smoking Kits and Sessions, see any Youth Centre staff for more information about quit kits or one-on-one smoking cessation sessions with a health promoter. Any youth who are thinking of quitting smoking can receive a **FREE quit smoking kit** to help them get started.

Medical walk in clinic! (first come – first served)

Tuesdays 3:00-5:00pm

Thursdays 3:00-5:00pm

Fridays 1:00-4:00pm

Young Parent Support Programs!

Talk to Youth Centre Staff for more info

S.M.I.L.E Teen Prenatal Program, Wednesdays, 12:30 – 2:30pm

“Single Mothers and Infants Learning Experience” (S.M.I.L.E) is a FREE 7 week prenatal program for expectant young mothers, facilitated by a Public Health Nurse from the Durham Region Health Department. Contact the Durham Region Health Department for more information at 905-666-6241 or 1-800-841-2729

Ongoing weekly
Welcome Centre – Ajax-
458 Fairall Str. Unit 5
289-482-1037

Food ‘4’ Thought, every Wednesday afternoon, 2:00-4:15pm

A weekly prenatal/postnatal nutrition program for young women 26 years of age and under who are pregnant (and following birth until their infants are six months of age). Share ideas and feelings, take home healthy food and prenatal vitamins, talk with understanding health professionals, and learn about programs/services for you and your baby.

Ongoing weekly
Pickering Early Years Centre
1911 Dixie Road

Baby Steps, every Tuesday afternoon 2:30- 4:30pm

A program for young parents 29 years and under and their children, ages 0 to 6 years. This weekly program provides medical, nutritional and parenting information and support in a fun community setting. An ideal opportunity for young parents and their children to learn and have fun together. Each session includes a light snack.

Ongoing Weekly
Welcome Centre – Ajax-
458 Fairall Str. Unit 5
289-482-1037

Precious Connections, every Wednesday afternoon, 12:30-2:00p.m

A FREE weekly support group for young women 29 years and under who are pregnant and interested in learning more about breastfeeding or for those currently breastfeeding and would like support from specially trained peer mentors. It's a time to connect with other women in a relaxed setting, enjoy some light refreshments and take home free breastfeeding supplies.

Ongoing weekly
Ajax Ontario Early Years Centre
75 Centennial Road

4 Real, Every Thursday evening 5:30 to 7:00 p.m.

A weekly peer lead drop-in group for mother's 29 and under. 4 Real is an informal support group that will provide an opportunity for moms to get together, establish or add to a network of friends and share experiences of raising young children. A light meal will be provided. 4 Real will be held from 5:30pm to 7:00pm at the Ajax Early Years Centre located at 75 Centennial Rd. in the Ajax Community Centre.

Community health promotion activities!

National Non-Smoking Week Jan 15-21, The Youth Centre will be organizing an awareness campaign in recognition of National Non-Smoking Week. *This year's theme is “Breaking Up Is Hard To Do.”*

Winter Active, In January and February The Youth Centre will be getting “Winter Active” with a contest and activities promoting active living. Be sure to get involved.

Sexual Health Awareness, Throughout the month of February, The Youth Centre will be organizing events and activities in recognition of Sexual and Reproductive Health Day. Stay tuned for details!

March 24
Pickering Town Centre

National Nutrition Month, Throughout March, The Youth Centre will be organizing events/activities celebrating National Nutrition Month.

March Break Programming!

March 12 to 16, 2012

Mar 13-15
Ajax Community Centre
75 Centennial Rd.

Dish Up Dinner! Tuesday, Wednesday and Thursday, 1:00-3:30pm

Three hands-on cooking sessions for youth, ages 13 to 19. Professionals teach you how to make a nutritious meal to take home and share with your family. Get great tips for healthy eating and useful resources. **Pre-registration is required. Registration also at www.townofajax.com (offered in partnership Town of Ajax)**

March 12 – 13
East Shore Community Centre
910 Liverpool Road South
Pickering

Community Leadership Crew Monday and Tuesday, 1:00-3:30pm

Join the crew and earn a leadership certificate and community volunteer hours. This program consists of a 2 day leadership course for high school students that will give your resume a boost. Following the course, participants will take part in a community volunteer opportunity to flex their new skills. Participation in both components of this program is mandatory. **Pre-registration is required.**

March 16
East Shore Community Centre
910 Liverpool Road South
Pickering

Spa Spectacular, Friday, 1:00-3:30pm

A special workshop for young women, ages 13 to 18. Take the time to take care of yourself through hands-on activities, homemade spa treatments, healthy snacks, and discussion. **Pre-registration is required.**

Free On-line Resource!

Visit our website for a direct link to our **FREE on-line parenting course, “Raising a Healthy Teenager”**. This one-hour, on-line learning program will help parents to develop and improve on some of the fundamental skills used in creating a healthy relationship with their teen.

