


ECHO's YA PROGRAM

February
2017

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Canadian Mental Health Association Mental health for all</p>			1	2 YA OPEN LOUNGE 5-8pm at Edmonds Snacks and hangouts
5	6 YA SWEET TALK WITH KRISTINA 5-7pm At Edmonds Come bake a sweet dessert, and chat with ECHO's Vocational Coordinator!	7	8	9 ECHO'S BOARD GAME NIGHT 5:00 – 8:00 at Edmonds * Not a YA only event
12	13	14 HAPPY VALENTINE'S! * Not a YA only event 10:30am Cookie decorating! 1:00 – 4:00pm Dance through the Decades AND Karaoke	15 **SPECIAL EVENT** GENDER AND INCLUSIVITY 1:30pm – 3:30pm At Edmonds Rm 208 See below for more details. All YA's who attend will be entered for a \$10 gift card!	16 BOWLING @ REVS 4:30-6:30 (Free) *Pls note, 1 slice of pizza will be served to those at Rev's before 5:00pm. * Not a YA only event
19 VOCATIONAL LOUNGE 5-8pm At Edmonds Food served! * Not a YA only event	20 YA COMMUNITY KITCHEN 5-8pm At Edmonds Pita pizza time!	21	22	23 MOVIE & POOL NIGHT 5:00-8:00 Edmonds Site * Not a YA only event
26	27	28	GENDER AND INCLUSIVITY TRAINING Wonder what Trans* means? Are you curious about people who ask that instead of being called "him" or "her", to refer to them as "they"? The Group QMunity is coming to teach ECHO YA's, Staff, and Leaders about diversity, and to answer any questions you might have.	

SEE DETAILS OF ALL EVENTS AND PROGRAMS ON THE SECOND PAGE!

YA OPEN LOUNGE: We are getting together to enjoy some fun- pool, board games, music, and chatting.

- No sign-up required, just drop in and enjoy.
- **@ Edmonds 5-8pm.**
- Snacks served around 6pm

YA SWEET TALK WITH KRISTINA: Chat with other YA's and ECHO's Vocational Coordinator, and enjoy a treat.

- Come talk about work, volunteering, or anything that comes up.
- Kristina will be making a dessert to enjoy
- **At Edmonds 5 – 7pm**

YA COMMUNITY KITCHEN: Come make pita pizzas!

- Learn how to make an easy dinner
- We'll have all kinds of toppings to enjoy
- **Please RSVP to Kelsey if coming so she can buy enough food!**

QMUNITY PRESENTATION: Great learning opportunity!

- Wonder what Trans* means? Do you worry about saying something wrong with people in the LGBTQA+ community?
- Are you curious about people who ask that instead of being called "him" or "her", to refer to them as "they"?
- The Group QMunity is coming to teach ECHO YA's and Leaders about diversity, and to answer any questions you might have.
- **** Great to have on your resume if you plan on being a Peer Support Worker, or in any supporting job****
- **All YA's who attend get entered into a draw for a gift card!**

ECHO GAMES NIGHT: Come try new games, or bring out an old favorite.

- Held at the Edmonds site 5-8pm.
- We play whatever people are interested in- board games, card games, group games
- **Not a YA only event-** chances are you'll get to try some new games with more people to teach!

BOWLING @ REV'S: Come out and bowl with the ECHO community, **please note this is not a YA only event.**

- All levels are welcome! Hang out with friends, play some games or just watch.
- Location: 5502 Lougheed Hwy. (just west of Holdom Skytrain station)
- Free pizza for those bowling and there by 5:00pm.
- Meet at Rev's, ask for ECHO lanes and staff will direct you to the group
- This event is Member led.

MOVIE & POOL TOURNAMENT: Head to our Edmonds site to enjoy a movie or participate in the pool tournament

- Held at the Edmonds site 5-8pm.
- Whether you're a novice or expert it will be a non-competitive tournament.
- **Not a YA only event-** all members of ECHO are welcome!

Need to contact ECHO?

Young Adult contact phone: 778-986-3039

Edmonds (604) 526-9606
109 - 7355 Canada Way

Gilmore (604) 291-8846
501- 4190 Lougheed Hwy (5 min walk from Gilmore Skytrain)

Check out our website: <http://vancouver-fraser.cmha.bc.ca/echo>

**WANT MORE YA PROGRAMS? CHECK
OUT THESE OTHER OPPORTUNITIES FOR
YOU TO CONNECT**

Join Dave at New Leaf Clubhouse for his
Young Adult Program
every Thursday 2-7pm

Contact Dave for details 778-938-7135
New Leaf Clubhouse: 1113 6th Ave, New
Westminster