

LANGLEY YOUTH HUB - FEBRUARY 2019

Located at 6275 203rd street, Langley BC! For more info, contact us @ 604-546-1130 or follow us on Instagram, Facebook & Twitter

For Youth Ages 12-24 - www.langleyyouthhub.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5 Open 2PM-6PM FREE DINNER! SLOPPY JOES	6	7 Open 2PM-6PM FREE DINNER! LASAGNA + GARLIC BREAD	8
	2-6PM – 1-1 Housing & Job Help 4-5:30PM – Harm Reduction & Substance Use Support with Ceiliah 4-6PM- Housing Support with Leah	4-6PM – FRIENDS OF DOROTHY DROP IN GAMES NIGHT!	2-6PM– 1-1 Housing & Job Help 2-5PM - Anxiety & Depression Help with Jaclyn 3-5PM – Mental Health/Indigenous Cultural Support with John White 4-6PM – Substance Use Support with Kevin	****
11	12 Open 2PM-6PM FREE DINNER! WALKING TACOS	13	14 Open 2PM-6PM FREE DINNER! CHICKEN CEASAR WRAPS	15
****	2-6PM – 1-1 Housing & Job Help 4-5:30PM – Harm Reduction & Substance Use Support with Ceiliah 4-6PM- Housing Support with Leah 5-7PM - Walk in Medical Care with Dr. Gupta	4-6PM – FRIENDS OF DOROTHY DROP IN DAY 1: TEENS IN CONTROL WORKSHOP WITH RACHEL <i>Learn about mental health, healthy coping strategies and self-care.</i>	2-6PM– 1-1 Housing & Job Help 2-5PM - Anxiety & Depression Help with Jaclyn 3-5PM – Mental Health/Indigenous Cultural Support with John White 4-6PM – Substance Use Support with Kevin	***
18	19 Open 2PM-6PM FREE DINNER! TBD	20	21 Open 2PM-6PM FREE DINNER! CHICKEN FAJITAS	22
HUB CLOSED	2-6PM – 1-1 Housing & Job Help 4-5:30PM – Harm Reduction & Substance Use Support with Ceiliah 4-6PM- Housing Support with Leah	4-6PM – FRIENDS OF DOROTHY DROP IN DAY 2: TEENS IN CONTROL WORKSHOP WITH RACHEL 5-7PM - LGBTQ+ WELLNESS NIGHT: Walk In Medical Care with Dr.Gupta	2-6PM– 1-1 Housing & Job Help 2-5PM - Anxiety & Depression Help with Jaclyn 3-5PM – Mental Health/Indigenous Cultural Support with John White 4-6PM – Substance Use Support with Kevin	HUB CLOSED
25	26 Open 2PM-6PM FREE DINNER! TBD	27	28 Open 2PM-6PM FREE DINNER! CHICKEN WINGS + SALAD	1
HUB CLOSED	2-6PM – 1-1 Housing & Job Help 4-5:30PM – Harm Reduction & Substance Use Support with Ceiliah 4-6PM- Housing Support with Leah 5-7PM - Walk in Medical Care with Dr. Wong	4-6PM - FRIENDS OF DOROTHY DROP IN LEARN HOW TO MAKE TACOS!	2-6PM– 1-1 Housing & Job Help 2-5PM - Anxiety & Depression Help with Jaclyn 3-5PM – Mental Health/Indigenous Cultural Support with John White 4-6PM – Substance Use Support with Kevin	HUB CLOSED

LANGLEY YOUTH HUB SERVICES & SUPPORT INFORMATION

FOR MORE INFORMATION, PROGRAM UPDATES OR TO REGISTER AND/OR MAKE APPOINTMENTS FOR SPECIFIC SERVICES, PLEASE CONTACT 604-546-1130. ONLINE BOOKING & REGISTRATION FOR ALL PROGRAMS IS ALSO NOW AVAILABLE ON OUR WEBSITE AT LANGLEYOUTHUB.COM

OUR PROGRAMS

HUB NIGHTS

TUESDAYS & THURSDAYS: 3-6PM

- Drop in support and services for youth which include, but are not limited to: primary medical care, clinical counseling, substance use support & counseling, housing support, employment support, Indigenous support, Naloxone training, life skills support, recreational programs, basic needs support.

FRIENDS OF DOROTHY

WEDNESDAYS: 4-6PM

- A drop in program for LGBTQ2S+ youth which provides a safe space for youth to connect with and support one another, to discuss LGBTQ2S+ issues, to connect with community support and to participate in events and social programming.

LGBTQ2S+ WELLNESS NIGHT

3rd WEDNESDAY OF THE MONTH: 5-7PM

- LGBTQ2S+ focused primary medical care with a doctor who is trained in LGBTQ2S+ medical care.

OUR SERVICES

WALK IN MEDICAL CARE

- Walk in primary medical support with a doctor.

ANXIETY & DEPRESSION HELP

- One-on-one counseling with a clinical counselor.

HOUSING & JOB HELP

- Support with locating emergency & long term housing as well as employment readiness, such as resume creation, job searches and developing interview skills.

HOUSING SUPPORT

- Support with obtaining emergency & long term housing as well as income support.

SUBSTANCE USE SUPPORT & COUNSELING

- One-on-one harm reduction & substance use support & counseling. Naloxone training is also available.

MENTAL HEALTH/INDIGENOUS CULTURAL SUPPORT

- One-on-one mental health & indigenous cultural support.

DISABILITY SUPPORT

- One-on-one support with navigating the process of obtaining Persons with Disabilities as well as connecting with services needed to transition to adulthood.

YOUTH STREET OUTREACH SUPPORT

- One-on-one support for youth ages 13-19 with obtaining emergency and/or long term housing, reconnecting with family, developing employment readiness skills and connecting with other community services.

YOUTH RESOURCE NAVIGATION SUPPORT

- One-on-one support with connecting with support and community resources.

TEENS IN CONTROL

- Resilience building workshop for youth. Learn about mental health, healthy coping strategies and self-care. Gain factual information about mental illness.