




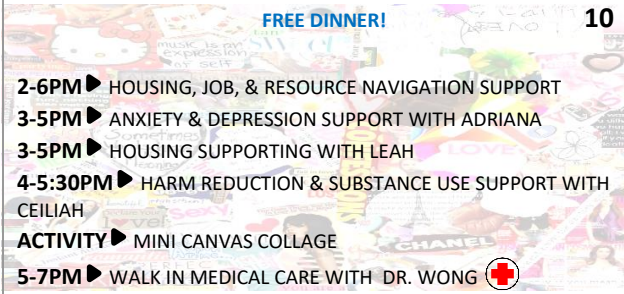


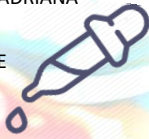

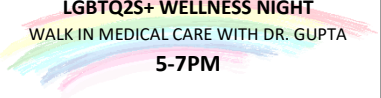




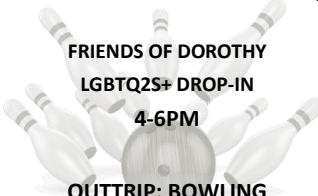




MONDAY	TUESDAY OPEN 2-6PM	WEDNESDAY	THURSDAY OPEN 2-6PM	FRIDAY
<p>2</p> <p>HAPPY LABOUR DAY</p> <p>HUB CLOSED</p>	<p>FREE DINNER: PIZZA!</p> <p>3</p> <p>2-6PM ► HOUSING, JOB, & RESOURCE NAVIGATION SUPPORT</p> <p>3-5PM ► ANXIETY & DEPRESSION SUPPORT WITH ADRIANA</p> <p>3-5PM ► HOUSING SUPPORTING WITH LEAH</p> <p>4-5:30PM ► HARM REDUCTION & SUBSTANCE USE SUPPORT WITH CEILIAH</p> <p>ACTIVITY ► MEDICINE WHEEL ART PROJECT</p> <p>5-7PM ► WALK IN MEDICAL CARE WITH DR. GUPTA</p>  	<p>4</p> <p>FRIENDS OF DOROTHY LGBTQ2S+ DROP-IN</p> <p>4-6PM</p> <p>CARD CRAFTING!</p> 	<p>5</p> <p>FREE DINNER!</p> <p>2-6PM ► HOUSING, JOB, & RESOURCE NAVIGATION SUPPORT</p> <p>2-5PM ► ANXIETY & DEPRESSION SUPPORT WITH JACLYN</p> <p>3-6PM ► HARM REDUCTION & SUBSTANCE USE SUPPORT WITH KEVIN & JORDYN</p> <p>ACTIVITY ► MAKE YOUR OWN</p> 	<p>6</p> <p>HUB CLOSED</p>
<p>9</p> <p>HUB CLOSED</p>	<p>FREE DINNER!</p> <p>10</p> <p>2-6PM ► HOUSING, JOB, & RESOURCE NAVIGATION SUPPORT</p> <p>3-5PM ► ANXIETY & DEPRESSION SUPPORT WITH ADRIANA</p> <p>3-5PM ► HOUSING SUPPORTING WITH LEAH</p> <p>4-5:30PM ► HARM REDUCTION & SUBSTANCE USE SUPPORT WITH CEILIAH</p> <p>ACTIVITY ► MINI CANVAS COLLAGE</p> <p>5-7PM ► WALK IN MEDICAL CARE WITH DR. WONG</p>  	<p>11</p> <p>FRIENDS OF DOROTHY LGBTQ2S+ DROP-IN</p> <p>4-6PM</p> <p>LEARN TO MAKE CAKE POPS!</p> 	<p>FREE DINNER!</p> <p>12</p> <p>2-6PM ► HOUSING, JOB, & RESOURCE NAVIGATION SUPPORT</p> <p>2-5PM ► ANXIETY & DEPRESSION SUPPORT WITH JACLYN</p> <p>3-6PM ► HARM REDUCTION & SUBSTANCE USE SUPPORT WITH KEVIN & JORDYN</p> <p>ACTIVITY ► MAKE YOUR OWN SNACK MIX!</p> 	<p>13</p> <p>HUB CLOSED</p>
<p>16</p> <p>HUB CLOSED</p>	<p>FREE DINNER!</p> <p>17</p> <p>2-6PM ► HOUSING, JOB, & RESOURCE NAVIGATION SUPPORT</p> <p>3-5PM ► ANXIETY & DEPRESSION SUPPORT WITH ADRIANA</p> <p>3-5PM ► HOUSING SUPPORTING WITH LEAH</p> <p>4-5:30PM ► HARM REDUCTION & SUBSTANCE USE SUPPORT WITH CEILIAH</p> <p>4-6PM ► DROPLET PAINTING</p>  	<p>18</p> <p>FRIENDS OF DOROTHY LGBTQ2S+ DROP-IN</p> <p>4-6PM</p> <p>DIY MINDFULNESS JARS!</p> <p>LGBTQ2S+ WELLNESS NIGHT</p> <p>WALK IN MEDICAL CARE WITH DR. GUPTA</p> <p>5-7PM</p> 	<p>19</p> <p>Sorry WE'RE CLOSED</p> 	<p>20</p> <p>HUB CLOSED</p>
<p>23</p> <p>HUB CLOSED</p>	<p>FREE DINNER!</p> <p>24</p> <p>2-6PM ► HOUSING, JOB, & RESOURCE NAVIGATION SUPPORT</p> <p>3-5PM ► ANXIETY & DEPRESSION SUPPORT WITH ADRIANA</p> <p>3-5PM ► HOUSING SUPPORTING WITH LEAH</p> <p>4-5:30PM ► HARM REDUCTION & SUBSTANCE USE SUPPORT WITH CEILIAH</p> <p>ACTIVITY ► SpongeBob SQUAREPANTS NIGHT</p> <p>5-7PM ► WALK IN MEDICAL CARE WITH DR. WONG</p>   	<p>25</p> <p>FRIENDS OF DOROTHY LGBTQ2S+ DROP-IN</p> <p>4-6PM</p> <p>OUTTRIP: BOWLING</p> <p>*PLEASE BE HERE BY 4PM*</p> 	<p>FREE DINNER!</p> <p>26</p> <p>2-6PM ► HOUSING, JOB, & RESOURCE NAVIGATION SUPPORT</p> <p>2-5PM ► ANXIETY & DEPRESSION SUPPORT WITH JACLYN</p> <p>3-6PM ► HARM REDUCTION & SUBSTANCE USE SUPPORT WITH KEVIN & JORDYN</p> <p>5-6 PM ► YOUTH ADVISORY COMMITTEE COME AND TELL US WHAT YOU WANT TO SEE AT HUB!</p>  	<p>27</p> <p>HUB CLOSED</p>
<p>30</p> <p>HUB CLOSED</p>				

LOCATED AT 6275 203RD STREET, LANGLEY, BC!

FOR MORE INFORMATION, CONTACT US AT 604 – 546 – 1130 OR FOLLOW US ON INSTAGRAM, FACEBOOK, AND TWITTER

www.langleyyouthhub.com

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**

OUR PROGRAMS

HUB NIGHTS

TUESDAYS & THURSDAYS: 2-6PM

► 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.

YOUTH ADVISORY COMMITTEE

► A place to discuss topics affecting Langley communities, to provide input on current and potential programs and supports at the Hub, as well as to plan events! Youth Advisory Committee members will gain leadership experience, communication skills and volunteer hours, as well as the opportunity to learn a variety of hands-on skills.