



# WORKSHOPS FOR YOUTH 13 TO 15

## FREE SHORT TERM COURSE

DIVERSECITY FREE YIP YOUTH PROGRAM

### CANADIAN CULTURE AND NORMS.

WHAT DOES IT MEAN TO BE A CANADIAN? YOU MAY STILL BE ADJUSTING TO YOUR NEW HOME AND WANT TO KNOW MORE. LET'S EXPLORE GREAT THINGS ABOUT CANADIAN CULTURE, WHAT IT MEANS TO YOU AND SHARE WITH OTHERS LIKE YOU.

### LET'S GET PHYSICAL.

TOO SHY TO GO TO THE RECREATION CENTRE BY YOURSELF? EXPLORE TOGETHER WITH US AND GET A FREE 30-MINUTE PERSONAL TRAINING ADVICE!

### HEALTH, FOOD AND NUTRITION.

YOU KNOW, GOOD FOOD LEADS TO GOOD HEALTH AND THEY TASTE GOOD? WANT TO LEARN NEW YUMMY CANADIAN RECIPES? YOU WILL PICK A RECIPE THEN MAKE AND SHARE THE MEAL TOGETHER.

### EMOTIONAL WELLBEING.

HOW DO YOU FEEL LIVING IN THIS NEW COUNTRY? CHALLENGING? FUN? DIFFERENT? HOW ABOUT YOUR PARENTS? ARE THEY HAVING A DIFFICULT TIME ADJUSTING TO LIFE IN CANADA? WE'LL SHARE TIPS ON HOW TO OVERCOME CHALLENGES. ALSO SHARE YOUR EXPERIENCE WITH NEW FRIENDS!

DIVERSECITY COMMUNITY RESOURCES SOCIETY

PHONE: 604.597.0205 EXTENSION 1555

EMAIL: YIP@DCRS.CA

WEB ADDRESS: WWW.DCRS.CA/YIP



ALSO FIND US ON FACEBOOK: DIVERSECITY YIP



### COMMUNICATION.

WANT TO IMPROVE YOUR COMMUNICATION SKILLS? SCARED OF MAKING PRESENTATIONS? WE WILL HELP YOU PRACTICE AND GET COMFORTABLE.

### MASTERING THE TRANSIT SYSTEM

LEARN ALL THE TRICKS AND TOOLS OF THE TRANS LINK SYSTEM. BE MORE COMFORTABLE RIDING THE BUS, SKYTRAIN, CANADA LINE AND SEABUS SO YOU CAN ENJOY MORE OF VANCOUVER!

### MY PARENTS AND ME

DO YOU HAVE TROUBLE UNDERSTANDING YOUR PARENTS? DO YOUR PARENTS HAVE TROUBLE UNDERSTANDING YOU? LEARN WAYS TO UNDERSTAND EACH OTHER AND OVERCOME SUCH STRUGGLES.



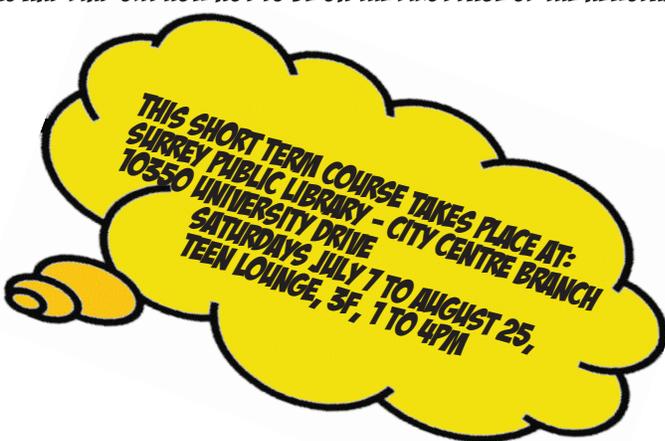
IN THE FAMILY =



IN THE COMMUNITY!

### HOW NOT TO BE ON THE FIRST PAGE OF NEWSPAPER.

FROM GANGS, VIOLENCE, THEFT, DRUGS AND ALCOHOL ABUSE, THERE ARE MANY BAD REASONS A PERSON CAN END UP ON THE FRONT PAGE NEWS! JOIN US AND FIND OUT HOW NOT TO BE ON THE FIRST PAGE OF THE NEWSPAPER!



THIS SHORT TERM COURSE TAKES PLACE AT:  
SURREY PUBLIC LIBRARY - CITY CENTRE BRANCH  
10350 UNIVERSITY DRIVE  
SATURDAYS JULY 7 TO AUGUST 25,  
TEEN LOUNGE, 3F, 1 TO 4PM



DIVERSECITY  
community resources society

Canada



WelcomeBC

This project is made possible through funding from the Government of Canada and the Province of British Columbia.