



Teen Program

The Dawson Teen Program offers drop-in and structured activities for youth aged 13-18 years. In a safe, supportive and positive environment, teens are given the opportunity to increase their physical skills, gain a sense of identity and purpose. Teens are encouraged to be responsible participants, both within the program and the community. Respect, responsibility and positive attitude are strongly enforced. As members, teens can choose to participate in a variety of activities offered in four program areas: sports, recreation, leadership and prevention.

Sports

Drop-in sports:

Open each evening, our gym is always active! Play basketball, floor hockey, soccer or football. Equipment is provided.

Team sports and sports tournaments:

Organized hockey teams and basketball teams are formed, and teens have the opportunity to play games with other organizations and participate in various tournaments throughout the year. Healthy competition, teamwork and respect are strongly emphasized.

Recreation

Outdoor club: For teens who like to experience the outdoors and explore: camping trips, winter sports/outings, hiking, apple picking, etc.

Art: Discover your inner artist – basic art projects such as drawing, sketching, painting and crafts.

Media: Explore media in all its forms. Learn about digital photography, documentary film making, sound production and editing.

Cooking and nutrition: Once a month teens can create something tasty in the kitchen, learning basic cooking techniques and practising healthy eating habits.

Games room: Play pool, ping-pong, Mississippi, video games or just hang out and listen to music.

Computers: Come surf the net in the company of your friends!

Special events: Test your skills at challenge nights, amazing races, games nights, Wake-a-thons, dances, make-over nights, haunted houses, carnivals and so much more!

Young adults' recreational sport: Open to ages 18-30. Recreational basketball and hockey are available two evenings during the week, and on Saturdays.



Leadership

Youth Council: Be a representative voice of the teen program. These elected positions give teens the opportunity to help build positive programs, develop leadership skills and learn about teamwork. Participation in the Boys and Girls Club National Youth Conference is encouraged.

L.E.A.D.: An eight-week summer program for teens aged 13-15 years. Activities, workshops and outings are based around Leadership, Empowerment, Awareness and Discovery.

Counselor-In-Training (CIT): Teens 16-17 years are given the opportunity to work as aides in the summer day camp. Prior to the summer, interested teens participate in five training sessions on topics such as conflict resolution, communication, leadership and animation. Teens are selected based on their performance in the training, and on prior experience. Summer CITs receive an honorarium.

Volunteering: Opportunities always exist for volunteering within the centre or in the community. Donate your time at youth dances, blood drives, special events, community projects and more. Always a rewarding experience!

Prevention

Girls/Boys groups: Informal discussion groups to encourage teens to speak about topics or issues affecting their daily lives. Topics include: peer pressure, drugs/alcohol awareness, school success, positive body image and self-defense.

Workshops: Guest speakers from other community organizations come to the centre to speak to the teens about: drugs/alcohol, gangs, conjugal violence, health and sexuality, body image, mental illness, job readiness (CVs, interview questions, etc) and other topics. Themes for workshops are based on the teens' current needs, issues and trends. Information, resources and referrals are always available if needed.

Homework help: School success is strongly encouraged amongst the teen members. Two afternoons a week, teens can get help with their homework at Beurling Academy. Teen staff, teachers and families work together to help support the teens through their schooling years.

Pre-teens: One evening a week, grade 6-aged youth are invited to attend the teen program and its activities. This provides an opportunity for them to interact with the teen members, get a preview of the teen activities and help ease the transition from elementary to high school.





Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Teen Program Hours:		18:00 - 21:00	18:00 - 21:00	18:00 - 21:00	18:00 - 23:00		
Young Adult Hours:		21:00 - 22:00		21:00 - 22:00		10:00 - 12:00 14:00-17:00	

For more information contact:

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