



Parkgate Society

Community
Newsletter

Community Services



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A Message from Ellen Clague,

Parkgate Society's Executive Director:

As we welcome this new year filled with hope and possibilities, I am also mindful of the challenges that continue to shape our world and impact our community. I am reminded more than ever of the collective power of coming together as a community to support one another and to extend kindness and empathy to those around us.

February is the month to celebrate love, family, random acts of kindness, and to

raise anti-bullying awareness, not to mention the beginning of the year of the dragon! It is a full month, and the staff and volunteers at Parkgate Society have been busy offering seasonal events, activities, and meals on top of our regular programs and services. I am deeply grateful for the huge amount of ♥ our staff and volunteers contribute to making Parkgate Society a special place of belonging and connection for people of all ages and from all walks of life.

We strive to be a vibrant and multifaceted community services organization that responds to the needs of our community. I hope you feel comfortable coming through our doors and find joy and solace in being part of this community nestled in the foothills of the North Shore Mountains.

With gratitude,
Ellen Clague
Executive Director



Parkgate Society
Community Services



Youth

PARKGATE YOUTH SERVICES PRESENTS

TRIVIA NIGHT FUNDRAISER

TEST YOUR BRAIN
WIN PRIZES & SUPPORT LOCAL YOUTH PROGRAMS

**SAT.
MAR 9** LOCAL SPONSORS
6PM-930PM



TEAMS UP TO 6 PEOPLE **AGES 19+**
\$25 A TICKET | 1 DRINK INCLUDED

BOOK YOUR TICKETS
[@NVRC.CA](https://www.nvrc.ca) | EVENT ID 00272823

Parkgate Community, join us for our first ever Trivia Night Fundraiser! The Youth Services Team is hosting a Trivia Night Fundraiser aimed at our 19+ Gen Z, Zillennials, Millennials, and our Gen X community members. We will be serving beer, non-alcoholic beverages, and light snacks. All proceeds will go towards our Gals n Pals program and our new Good Grief series.

What are the groups about?

Good Grief:

The Good Grief is a youth bereavement peer support group series discussing death, dying, grief, stigmas, mental health strategies, and supports for youth aged 12–16. Through various activities and individual sharing within group discussions, trained bereavement facilitators assist the teens as they explore their capacity to heal.

Gals n Pals:

Gals and Pals is a peer support group for girls, queer, non-binary, trans youth, and allies. Gals n Pals is a supportive and empowering space facilitated between youth workers and youth with shared experiences, creating meaningful discussions and fun activities while making genuine connections.

[Register Here](#)

[Youth Services](#)

GOOD GRIEF.

YOUTH BEREAVEMENT PEER SUPPORT GROUP



The **Good Grief Program** is a peer support group series discussing death, dying, grief, stigmas, mental health strategies and supports for youth aged 12yrs-16yrs. Through various activities and individual sharing within group discussions, trained bereavement facilitators assist the teens as they explore their capacity to heal.

MEET THE FACILITATORS

Natasha Rivard-Morton She/Her



Ethan Curran-Morton He/Him



Shakila Amiri She/Her



Facilitators for this group have completed the BCBH Traumatic Loss Facilitator Training and or have lived experience with loss and Youth support facilitation.

**This program uses the BCBH Traumatic Loss Support Group model as its core example.*

HOW DO YOU SIGN UP?



BCBH British Columbia
Bereavement Helpline

Email: nrivard-morton@parkgatesociety.ca
or Call/Text: 604-783-5754

Date: Tuesdays, from April 2 - May 14 2024

Time: 5:30pm-7:30pm

Where: Parkgate Youth Centre

3635 Banff Court, North Vancouver

Closed Program | Zero Cost Program | Dinner Provided

west vancouver



**Parkgate
Society**

Community Services





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Community Services



PARKGATE YOUTH SERVICES **DUNGEONS AND DRAGONS CLUB**

REGISTRATION FOR OUR MARCH CAMPAIGN - MAR 2 @ 12PM VISIT NVRC.CA

This group is focused on bringing youth together through the shared interest of the role-playing game Dungeons and Dragons. Pizza and snacks are included in the cost.

Must commit to attending all sessions



WHEN: SATURDAYS AT PARKGATE YOUTH CENTRE

6 Youth per group | Grades 5-12 | \$36 Registration Fee | Youth Can only register for 1 Campaign per two month series. Duplicates will be removed. Spots can not be transferred.

Group 1 Pre Teen Gr.5-7- 12:00pm-2:00pm | 3 Sessions

ID 00272557 | Mar 16, Mar 23, Mar 30

Group 2 Teen Gr.8-12 - 2:30pm-4:30pm | 3 Sessions

ID 00272559 | Mar 16, Mar 23, Mar 30

DND Masters | 5:00pm-7:00pm | 3 Sessions | Mar 16, Mar 23, Mar 30

**Must have 2-3 year experience within PG DND & higher knowledge of game play, character creation and spells*

Must email nrivard-morton@parkgatesociety.ca to request registration upon meeting requirements

Please email nrivard-morton@parkgatesociety.ca for questions.

Discover the magic of Dungeons & Dragons (D&D), where creative minds thrive and friendships flourish. Through storytelling and teamwork, D&D fosters imagination, social skills, and critical thinking. Spots fill up quickly, so register on March 2nd at 12:00 p.m. to secure a spot. Happy adventuring!



Parkgate Society

Community Services



DANCE DANCE

PRETEEN DANCE REGISTRATION

Registration for Spring Pre Teen Dances | Thurs, March 14th at 9AM

Date & Event IDs: April. 6-ID 00257254 | May. 4-ID 00257272 | May. 25 - ID 00257273

REGISTER ONLINE AT NVRC.CA, VISITING A NVRC FRONT DESK COUNTER, OR BY PHONING 604-987-7529

When: Saturday, March 2, 7-10 p.m.

Where: Parkgate Community Centre

Cost: \$25

Event ID: 00241393

When: Saturday, April 6, 7-10 p.m.

Where: Parkgate Community Centre

Cost: \$25

Event ID: 00257254

When: Saturday, May 4, 7-10 p.m.

Where: Parkgate Community Centre

Cost: \$25

Event ID: 00257272

When: Saturday, May 25, 7-10 p.m.

Where: Parkgate Community Centre

Cost: \$25

Event ID: 00257273

























The Parkgate Society Youth Services Dance Crew is excited to offer five preteen dances in the new year for youth in Grades 6 & 7. The dances are a fun, safe, and engaging environment where youth can socialize and showcase their dance moves while being supported by trained youth workers. These preteen dances are very popular, so we recommend purchasing your tickets early to avoid disappointment.

* You can register online by creating a PerfectMind account, visiting an NVRC front desk, or by phoning 604-987-PLAY (7529). You will be able to view the Spring Parkgate Preteen Dances using this link, and registration will begin at 9 a.m. on March 14th.



MARCH 2024 YOUTH CALENDAR

STAY CONNECTED WITH US ON INSTAGRAM @PARKGATE.YOUTH.CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. SPAGETTI DINNER Pre-Teen Drop in 3:30pm-5:30pm Grades 5-7  Teen Drop in Grades 8-12 6:30pm-8:30pm	2.  PRE TEEN DANCE NO REGULAR PROGRAMS
4.  Drop in 1-1 Support at Parkgate 4:30pm-6:30pm	5.	6.  DODGEBALL DUEL All Youth Grades 3:30pm-5:30pm Grades 5-12	7.  KAHOOT TRIVIA Pre-Teen Drop in 3:30pm-5:30pm Grades 5-7  GALS-N-PALS GROUP Grades 6-12 6:00-7:30pm	8.  BURRITO SNACKDOWN Pre-Teen Drop in 3:30pm-5:30pm Grades 5-7 Teen Drop in Grades 8-12 6:30pm-8:30pm	9.  TRIVIA NIGHT TRIVIA FUNDRAISER NIGHT 19YRS+ TICKETS ONLY VISIT @NVRC.CA 6:00PM-9:30PM NO REGULAR PROGRAMS
11.  Drop in 1-1 Support at Parkgate 4:30pm-6:30pm	12.	13.  YOGURT PARFAITS All Youth Grades 3:30pm-5:30pm Grades 5-12	14.  SOCCER TOUNREY Pre-Teen Drop in 3:30pm-5:30pm Grades 5-7  GALS-N-PALS GROUP Grades 6-12 6:00-7:30pm	15.  PIZZA BAGEL PARTY Pre-Teen Drop in 3:30pm-5:30pm Grades 5-7 Teen Drop in Grades 8-12 6:30pm-8:30pm	16.  DND DROP IN ALL YOUTH GRADES Group A 12:00pm-2:00pm Group B 2:30pm-4:30pm Group C DND Masters 5:00pm-7:00pm *Must Register to Join TEEN DROP IN & Open Gym Gr.8-12 7:30pm-9:30pm 
18. S  Drop in 1-1 Support at Parkgate 4:30pm-6:30pm	19. P	20. R  SCAVANGER HUNT All Youth Grades 2:00pm-4:00pm Grades 5-12	21. I NO REGULAR PROGRAMS	22. N  SPRING BREAK BBQ Pre-Teen Drop in 3:30pm-5:30pm Grades 5-7 Teen Drop in Grades 8-12 6:30pm-8:30pm	23. G  DND DROP IN ALL YOUTH GRADES Group A 12:00pm-2:00pm Group B 2:30pm-4:30pm Group C DND Masters 5:00pm-7:00pm *Must Register to Join TEEN DROP IN & Open Gym Gr.8-12 7:30pm-9:30pm 
25. B  Drop in 1-1 Support at Parkgate 4:30pm-6:30pm	26. R	27. E  SUPER SMASH BROS TEAM TOUNRY All Youth Grades 2:00pm-4:00pm Grades 5-12	28. A NO REGULAR PROGRAMS	29. K CLOSED NO REGULAR PROGRAMS	30.  DND DROP IN ALL YOUTH GRADES Group A 12:00pm-2:00pm Group B 2:30pm-4:30pm Group C DND Masters 5:00pm-7:00pm *Must Register to Join TEEN DROP IN & Open Gym Gr.8-12 7:30pm-9:30pm 

Meet Your Mayor

Mike Little



Parkgate Community Centre:

4:30 - 5:30 p.m. - Seniors' Lounge

- Thursday, March 28th at 4:30 p.m.
- Thursday, April 25th at 4:30 p.m.
- Thursday, May 23rd at 4:30 p.m.
- Thursday, June 20th at 4:30 p.m.

Live Life Better • Connecting Community



Do you want to know more about what's happening in your community? Do you have any concerns or suggestions that you want to share with your local government? Do you want to meet the person who represents you and your neighbours?

If you answered yes to any of these questions, then you should come to one of the Meet Your Mayor events starting next month! At these events, you'll have the opportunity to connect with District of North Vancouver Mayor Mike Little on local issues that are important to you. This is your chance to ask questions, express your views, and provide your input. No registration is required. Just drop by and join the conversation! We hope to see you there!



Pink Shirt Day



What You Need to Know

WHAT YOU NEED TO KNOW

for February 28th

1. How it started

Pink Shirt Day is a national event dedicated to raising awareness about bullying and promoting kindness. It started in 2007, when two students from Nova Scotia organized a protest in support of a fellow student who was bullied for wearing a pink shirt.



2. How it's going

Since then, Pink Shirt Day has grown into a nationwide movement, with millions of people wearing pink shirts on the last Wednesday of February every year. Schools, workplaces, and communities across Canada participate in various activities and events to spread the message of respect and inclusion.



3. How to support

There are many ways you can support Pink Shirt Day and stand up against bullying. You can wear a pink shirt or any other pink clothing or accessories on Wednesday February 28. You can also educate yourself and others about the causes and effects of bullying, and how to intervene safely and effectively.



4. After Pink Shirt Day

Most importantly, you can practice kindness



every day, not just on Pink Shirt Day. You can speak up when you see someone being bullied or harassed. You can also reflect on your own actions and words, and how they might affect others. By doing these simple things, you can make a difference in your school, workplace, and community.



Volunteering at Parkgate Community Centre

Are you looking for a way to give back to your community, learn new skills, and meet new people? If so, you might want to consider volunteering with Parkgate Society!

Parkgate Community Centre is a vibrant and welcoming place that offers a wide range of programs and services for people of all ages and backgrounds. Whether you are interested in childcare, youth, seniors, art, sports, or anything in between, there is a volunteer opportunity for you.

As a volunteer, you will be part of a team that inspires and supports our community to live life better. You will have the chance to share your talents, passions, and ideas with others while also learning from experienced staff and fellow volunteers. Some other benefits of volunteering are:

- Improving your physical and mental health
- Enhancing your self-esteem and confidence
- Developing your social and communication skills
- Expanding your network and making new friends
- Having fun and feeling fulfilled



To get started, please visit our website linked below and fill out an online application form. You can indicate your preferred programs and availability, and we will do our best to match you with a suitable role. Please note that not all programs listed will have opportunities available on a regular basis, so we appreciate your flexibility and patience.

Once we receive your application, we will contact you to discuss the next steps, which may include an interview, a reference check, a criminal record check, and an orientation session. We will also provide you with ongoing support to ensure you have a positive and rewarding volunteer experience. If you have any questions or would like more information about volunteering at Parkgate Society, please contact:

Christina Thai, Volunteer Coordinator, cthai@parkgatesociety.ca We look forward to hearing from you and welcoming you to our volunteer team!

[Get Involved](#)

Our Neighbours:



Spring Break Drop-in Activities:

- Doodle Days:
 - Sundays, 10:30 a.m. – 1:30 p.m.
 - Mondays, 1 p.m. – 4 p.m.
 - Wednesdays, 10:30 a.m. – 1:30 p.m.
- Fun with Puzzles & Games: Tuesdays, 10 a.m. – 1 p.m.
- Lego Time! : Saturdays, 1:30 p.m. – 4:30 p.m.

Teen Advisory Group (TAG) We are a council of enthusiastic, welcoming teens who meet monthly to make the library a better place. The TAG tackles everything from décor and displays to offering insight on teen collections and library policies. Plus, there's snacks! TAG is for teens in grades 8–12. No registration is required. Email tag@nvdpl.ca for more information.

Make a Mini-Comic, with artist Helena Juhasz: During this fast-paced 90-minute workshop, Helena will cover the topics that will help you work on a comic creation. Any skill level is welcome. We will supply art materials, but you can bring your

own tools if you prefer. At the end of the workshop, you will have made a mini-comic to take home. For tweens and teens (ages 10+). Registration required. Register online, call 604-929-3727, ext. 8166, or email tag@nvdpl.ca

Tech Café: Join us for personalized guidance and answers to your technology questions at our Tech Café. Sessions are offered on the first Wednesday of the month, and spaces are limited. Register by phone at 604-929-3727, ext. 8166, or in person.

Pins and Needles: Looking for company while your hands are busy with yarn or textiles? Gather in the fireplace area on Wednesday evenings for a friendly evening of knitting, crocheting, sewing, needlepoint, felting, tatting, embroidery, hand quilting, or other fibre arts. Share your projects and passions with kindred spirits. No registration is required.

Open Door Community HUB: The Open Door Community Hub is a welcoming, drop-in space for people to gather and connect with other members of the community. Join us for refreshments, games, and an opportunity to socialize with others every week. Free hot drinks, snacks, and care packages with essentials will be available. Community Hub takes place on Thursday mornings on the 2nd floor from 10:00 a.m. to 12:00 p.m.



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Our mailing address is:

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