

YOUTH SERVICES



12-17 YEARS OLD



Valcartier Family Centre
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WELCOME

Whether you just moved to the region or have been living here for a long time, we are very pleased to welcome you to Valcartier Family Centre (VFC) Youth Services. In this guide you will find lots of information on the services we offer to kids in the community ranging from 12 to 17 years old.

Please do not hesitate to come and meet our team of dynamic social workers, to get involved in our various projects or simply to come and try new things.

We are waiting for you!

VFC Youth Team



CONTACT INFO FOR THE YOUTH TEAM

You can meet with the youth social workers, who are available in the daytime during the week and in the evening when Le Repaire Youth Club is open.

You can also communicate with them at any time on Facebook, by e-mail or by text.



Club jeunesse Le Repaire



servicesjeunesse@crfmv.com



418-844-6060 (daytime during the week)



418-844-5000 poste 4921 (evenings when Le Repaire is open)



418-570-0216 (cell phone)



crfmv.com

"The youth social workers provided me with support when I was going through difficult periods. They are dynamic, warm and friendly and are always there if you have private questions or just want to talk. They were by my side for three amazing years."

– Roxane C., 18 years old

LE REPAIRE YOUTH CLUB FOR 12-17 YEARS OLD

Come and meet other kids in your community and the youth social workers while trying new things at Le Repaire! To offer you social, educational and preventative activities, we have ping-pong and pool tables, PlayStation 4, Internet access, board games, sports equipment (for hockey, soccer, basketball, etc.) and lots more!

SCHEDULE

Wednesdays 6:30 pm to 9 pm

Thursdays 6:30 pm to 9:30 pm

Fridays 6:30 pm to 10:30 pm

During the summer, the opening hours are different. Keep an eye on the Clubjeunesse Le Repaire page on Facebook to find out when we are open.

LE REPAIRE

WE ARE ALSO IN THE COMMUNITY

During the summer, our youth counsellors also do outreach work in the surrounding areas. You could therefore run into us at the skate park, at Shannon beach, in local businesses, at the community centre or just out walking in the streets. Also, we regularly visit the schools that many of the kids from the community go to.





A FEW OF OUR VOLUNTEER COMMITTEES

HAVE YOU THOUGHT ABOUT BECOMING A VOLUNTEER?

There are lots of opportunities for you to get involved in the community, acquire experience, improve your résumé and meet lots of people! In our youth volunteer program, you will definitely find an activity to your liking! We also organize several recognition activities during the year.

- A few things you could volunteer for:
- Discos
 - Easter egg hunt
 - Family activities
 - The Halloween Party at Shannon

C.R.A.S.H. (Committee Responsible for Activities that are Super Hot)
Take part in organizing and hosting themed discos for kids 6 to 12 years old. Being on this committee gives you an opportunity to gain experience and skills as an event organizer and host, all the while having a great time putting your imagination to work!

Level of involvement: a few meetings to prepare each disco. There are 5 discos a year: at Halloween, around Christmas, on St Valentine's Day, around Easter and at the end of the year. The committee is reconstituted for each disco, so you can participate in organizing the ones of your choosing.

A.J.A.R. (youth assembly on Repaire activities)
Attend the meetings and share your ideas on what activities to organize, not only at Le Repaire, but also in the summer and during March break. Keep an eye on our Facebook page to find out when the meetings will be held.

Prevention Committee
Participate in organizing prevention activities, such as the chit-chat dinners. Together, the committee members decide on the subjects, the shape that each activity will take, and the menu. As a committee member, you can attend the chit-chat dinners for free!

ARE YOU LOOKING FOR A JOB?

Join the Valcar-Co youth co-op and put your talents to good use!

Be of service to your community while earning a bit of money. Make new friends, learn about democratic management and gain experience.

Together, the youth co-op members decide on what services to offer the community, what equipment to purchase and what cohesion activities to hold. The Valcar-Co youth co-op is headed by the youth counsellors.

Some of the services offered:

- **To individuals:** babysitting, lawn mowing, snow removal, dog walking, etc..
- **At parties and special events:** face-painting, candy floss, popcorn, airbrush tattoos, balloon sculptures, mascots.



EXPLORE LEARN DISCOVER!

Chit-Chat Dinners: Just For Thought...

Come and eat dinner at Le Repaire while chatting about various subjects! The chit-chat dinners are held several times a year, not only for prevention purposes, but also to raise awareness about all sorts of subjects, such as:

- social media;
- romantic relationships;
- sexuality;
- alcohol and drugs; or
- any other subject you choose!

Free for the members of the Prevention Committee.



P.E.P.P.
(Personal Education Perseverance Project)

Take part in stimulating group activities (such as cultural activities and workshops on creating a résumé and on the orientation profile) and benefit from personalized support. The purpose of this project is to encourage kids to stay in school and give them a better understanding of themselves as they develop new interests.

Ask our team for more information and about how you can register. **It's free!**



A VARIETY OF OUTINGS THROUGHOUT THE YEAR!

Take part in our many outings organized in the summer, during March break and at other times of the year! Our diverse and inexpensive outings are great opportunities to have fun with other kids from your community and the team of youth social workers. Fun and unforgettable moments are guaranteed!

Outing examples:

- La Ronde amusement park
- Valcartier Vacation Village
- Laser challenges
- Camping in cabins
- Sports challenges

VARIOUS WORKSHOPS THAT MIGHT INTEREST YOU

Posting preparation

(10-17 years old)

Is your family being transferred? Come and talk about it with other kids in the same situation as you. You will find out things about your new community and learn good strategies for adapting to your new home. Keep an eye on VFC ads or our Facebook page to find out when this workshop will be held.

Stress Management (12-17 years old)

Do you feel you have trouble managing your stress? Would you like to get some tips and talk about things with other teens who feel the same way? This prevention workshop for teens is aimed at giving you tools to manage your stress. We can also refer you to appropriate services if need be. Contact us to find out more. All your information will be handled confidentially.

QUIZ TRUE or FALSE?

Teens are more likely to develop an addiction than adults.

TRUE FALSE

If your boyfriend or girlfriend insults you, ignores you or asks you not to talk to your friends anymore, it constitutes a form of violence.

TRUE FALSE

Si ton chum/ta blonde t'insulte, te boude ou te demande de ne plus voir tes amis, cela constitue une forme de violence.

TRUE FALSE

Alcohol is a drug.

TRUE FALSE

Sexual orientation is a choice.

TRUE FALSE

Answer the quiz questions below and then come and ask our team at Le Repaire if your answers are right.

As a bonus, you will get something for free from the canteen!



BONI-DOLLAR LE REPAIRE



Here are two Le Repaire Boni-dollars. They can be spent on activities organized by the youth team and at the Repaire canteen.



LE REPAIRE BONI-DOLLAR



