

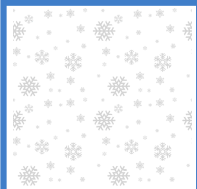
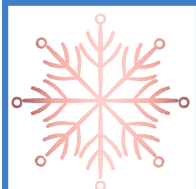

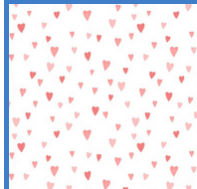

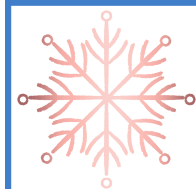
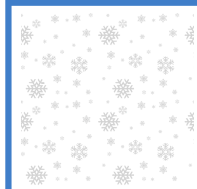


PROGRAMS & EVENTS CALENDAR

February 2023

S	M	T	W	T	F	S
			1 Techno Tutoring 4:00 pm - 5:30 pm Eating Disorders Support Group 7:15 pm - 8:45 pm	2 Beechwood Youth Program 2:00 pm - 4:00 pm	3	4
5	6 Marvelous Mondays 3:00pm - 5:00pm	7 Rainbows 10:00 am - 11:00 am Jr.GirlSpace 3:30 pm - 5:30 pm Convo Club 6:00 pm - 8:00 pm	8 Techno Tutoring 4:00 pm - 5:30 pm	9 Beechwood Youth Program 2:00 pm - 4:00 pm	10 Family Law Information Clinic 3:00 pm - 5:00 pm	11 International Day for Women & Girls in STEM 
12	13 Marvelous Mondays 3:00pm - 5:00pm	14 Rainbows 10:00 am - 11:00 am Jr.GirlSpace 3:30 pm - 5:30 pm Convo Club 6:00 pm - 8:00 pm	15 Techno Tutoring 4:00 pm - 5:30 pm Eating Disorders Support Group 7:15 pm - 8:45 pm	16 Beechwood Youth Program 2:00 pm - 4:00 pm	17	18
19	20 National Family Day 	21 Rainbows 10:00 am - 11:00 am Jr.GirlSpace 3:30 pm - 5:30 pm Convo Club 6:00 pm - 8:00 pm	22 Techno Tutoring 4:00 pm - 5:30 pm Wonderful Wednesdays 2:00 pm - 3:30 pm National Human Trafficking Awareness Day	23 Beechwood Youth Program 2:00 pm - 4:00 pm	24 Family Law Information Clinic 3:00 pm - 5:00 pm	25
26	27 Marvelous Mondays 3:00pm - 5:00pm	28 Rainbows 10:00 am - 11:00 am Jr.GirlSpace 3:30 pm - 5:30 pm Convo Club 6:00 pm - 8:00 pm				
						

Our programs are made
possible with the support of



**United Way
Centraide**

Greater Moncton and
Southeastern New Brunswick
de la région du grand Moncton
et du sud-est du Nouveau-Brunswick



See page 2 for program descriptions,
registration & contact information



135 Kendra Street, Moncton, NB, E1C 9V9



(506) 855-4349



info@ywcamoncton.com

www.ywcamoncton.com

Community Outreach

Eating Disorder Support Group

A group-based support program for individuals aged 18+, currently living with, or who have previously experienced an eating disorder, disordered eating or body image concerns. Runs bi-weekly on Wednesday from 7:15 PM until 8:45 PM, in person at YWCA Moncton. To register or learn more, please contact: Jonah Krizel at info@ywcamoncton.com or (506) 855-4349 ext. 101.

Convo Club

This program offers a safe and welcoming space for women-identified individuals who are interested in practicing their conversational English. Currently offered online. No registration is required. For more information, please contact: Aaliyah Lahai at alahai@ywcamoncton.com.

Rainbows Grief Group

A grief counselling peer support group which aids in emotional healing and promotes wellness. Grief is a loss from a life altering crisis. It can be a death, divorce, loss of employment, housing - there are many types of loss that can bring on grief. It's a small group with a safe atmosphere to listen, empathize and support one another. To register or learn more, please contact: Dar Knott at dknott@ywcamoncton.com.

Family Law Information Clinic

Do you have family law questions but you don't know where to start? The YWCA Moncton Family Law Information Clinic offers free legal support on family law matters such as separation or divorce, child custody, parenting arrangements and so on. During a 30 min individual session, you will find out what steps you can take and get answers to your questions. For an intake and to book your spot, please contact us at (506) 502-3738 (on Mondays from 12 pm-3 pm & on Wednesdays from 10 am-1 pm) or at ywcaprobono@gmail.com. The Clinic is offered in both English and French, and takes place at YWCA Moncton, 135 Kendra St.

Youth

GirlSpace

Located in Beechwood Community Centre, for ages 8-10 years old (grades 3-5). GirlSpace is a leadership and empowerment program for those who identify as girls. This free program includes lessons on healthy relationships, body image, self-esteem, online safety and more! Additionally, activities include crafts, movies, and games. Join us to learn together, make new friends and celebrate successes! To register or learn more, please contact: Ashley MacDonald at amacdonald@ywcamoncton.com or (506) 855-4349 ext. 303.

Youth Drop In Program

Located in Beechwood Community Centre. Activities include exploring science experiments, arts and crafts, reading, games, dancing, music, snacks and lessons on kindness and inclusion. To register or learn more, please contact: Ashley MacDonald at amacdonald@ywcamoncton.com or (506) 855-4349 ext. 303.

Brave YW

A mentoring program for young women and gender-diverse youth, aged 11-19 years old. Youth will be matched with an adult mentor to explore goals, learn about topics such as healthy relationships, consent, online safety, rights, etc., and learn how to navigate community resources (mental health, employment, housing, etc.). Together, mentees and mentors will have fun, do crafts, build skills and celebrate achievements! Topics are driven by the needs and interests of the youth. Brave YW can also be offered to groups of youth as well. To register or learn more, please contact: Ashley MacDonald at amacdonald@ywcamoncton.com or (506) 855-4349 ext. 303.

Youth Council

The Youth Council serves as an advisory, advocacy, and leadership board for youth aged 12+. The council aims to enhance the well-being of communities through engagement and inclusion. In collaboration with community partners and YWCA's across Canada, the council creates environmental initiatives that incorporate social and economic justice, and an intersectional lens. New members are welcome to join at any time - come as you are, no experience necessary! For more information, please contact: Aaliyah Lahai at alahai@ywcamoncton.com.

Techno Tutoring

An after school program for youth aiming to support personal growth, academics and literacy. Youth are connected with an adult and together they will build skills through technology such as tablets and apps that promote well-being and academics in a fun, safe and non-judgmental space. The program aims to increase the confidence of participants and encourage self-expression. Techno Tutoring is free and snacks are provided. Please contact Aaliyah at alahai@ywcamoncton.com for more information. The program is also looking for adult volunteers!

Education & Employment

Launch

A paid employment readiness program for young women and gender-diverse youth aged 15-30 years, facing challenges entering the workplace. New classes begin regularly. The program runs Monday - Thursday, 9:00 AM-4:30 PM. To register or learn more, please contact: Angel Theriault at atheriault@ywcamoncton.com or (506) 855-4349 ext. 207.

ReLaunch

A paid employment readiness program for women and gender-diverse folks aged 30+ years old, facing challenges entering the workplace. New classes begin regularly. To register or learn more, please contact: Charneet Kaur or Janie Bourque at ckaur@ywcamoncton.com or jbourque@ywcamoncton.com or call (506) 855-4349 ext. 1102.

Events & Volunteer Opportunities

Wonderful Wednesdays

Stop by to pick up FREE items (diapers, sanitary pads, mitts, hats - items change monthly!), grab a coffee, chat with YWCA staff, learn about YWCA programs and fill out registration forms. We can't wait to see you! Last Wednesday of each month, at the Beechwood Community Centre. For more information, please contact: Ashley MacDonald at amacdonald@ywcamoncton.com or (506) 855-4349 ext. 303.

Volunteer with YWCA Moncton!

Volunteering is a great way to give back to your community. YWCA Moncton has an array of opportunities for you to become involved as much or as little as your schedule allows – recurring opportunities, special events, program support and more. We would love your help supporting the women and families we serve! Would you like to get involved? Contact us today at info@ywcamoncton.com or (506) 855-4349 ext. 101.

YWCA Techgyrls Build More

YWCA Techgyrls Build More is an online event for girls and gender-diverse youth ages 9-13. To celebrate, inspire, and engage young girls and gender-diverse youth, this event is being held on February 11th, International Day of Women and Girls in STEM. The event will feature speakers of all ages who are working in or are passionate about STEM. To register: <https://www.eventbrite.ca/e/ywca-techgyrls-build-more-tickets-493795304047>

Spread over a full day, the event will have three 2-hour blocks that will include:

- A speaker who shares their passion and leadership journey
- A speaker/facilitator who will build something with the participants
- An opportunity for participants to “Show and Shine” by sharing their building process or their reflection on the previous 90 minutes
- and of course... prizes and games.