

# MARCH 2020

# LIMBRICK

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b>	<b>2</b> Board Game Night 5:00PM - 8:00PM	<b>3</b>	<b>4</b>	<b>5</b> Recreational Programming 5:30PM - 7:30PM	<b>6</b>	<b>7</b> Curling at FWCC 1:00PM - 5:00PM
<b>8</b>	<b>9</b> Roots to Harvest 5:00PM - 8:00PM	<b>10</b>	<b>11</b>	<b>12</b> Recreational Programming 5:30PM - 7:30PM	<b>13</b>	<b>14</b> National PI Day Celebration 1:00PM - 5:00PM
<b>15</b>	<b>16</b> Boot Hockey 5:00PM - 8:00PM	<b>17</b>	<b>18</b>	<b>19</b> Recreational Programming 5:30PM - 7:30PM	<b>20</b>	<b>21</b> Cross Country Skiing 1:00PM - 5:00PM
<b>22</b>	<b>23</b> Resume Workshop 5:00PM - 8:00PM	<b>24</b>	<b>25</b>	<b>26</b> Recreational Programming 5:30PM - 7:30PM	<b>27</b>	<b>28</b> Self Care Day 1:00PM - 5:00PM
<b>29</b>	<b>30</b> Confederation College Tour 5:00PM - 8:00PM	<b>31</b>				 CITY OF <b>Thunder Bay</b> Superior by Nature

# Youth Inclusion Program

# MARCH PROGRAMMING DETAILS

**Location:** All Limbrick/Vale programming is hosted at TBDSSAD Resource Centre, Unit 97 K Limbrick St.

**Board Game Night:** Join us for a night of board games and snacks!

**Roots to Harvest:** Roots to Harvest will teach us how to make a main dish, vegetable side side and/or salad and a dessert using locally grown produce. Be sure to bring an appetite!

**National PI Day:** Join us for a celebration of National PI Day! We will be baking miniature pies and discussing financial literacy.

**Boot Hockey:** Join us for a game of Boot Hockey! Equipment will be supplied or feel free to bring your own. Come by to play, have hot chocolate, or just hangout!

**Resume Building Workshop:** Bring your resume by, or let us help you build one from scratch! We will also look for jobs and provide interview tips!

**Confederation College Tour:** Interested in attending post-secondary? Join us for a tour of Confederation College! We will be exploring Confederation College and the different programs/services they have to offer.

**Cross Country Skiing:** Join us for an afternoon of Cross Country Skiing at LAPPE Nordic Centre; with the help of instructors come out and learn how to Cross Country Ski (Classic style)! Instruction and equipment provided.

**Recreational Programming:** Come out to the Kinsmen Centre from 5:30pm-7:30pm every Thursday for Indoor Rec Programming. We will be running activities like dodge-ball, floor hockey, soccer and other indoor activities.

**Self Care Day:** Join us for an afternoon of Self Care! Relax, play board games, journal, listen to music, or whatever you consider self care!

**Transportation:** Rides can be provided if given enough advanced notice. RSVP by calling 8072529672 or messaging us through Social Media

**INSTAGRAM:** @YOUTHINCLUSION\_TBAY

**FACEBOOK:** YOUTHINCLUSION\_TBAY

**WEBSITE:** WWW.THUNDERBAY.CA/YIP

**PHONE:** 807-252-9672 (Available during program hours)