



## Boys & Girls Club: Downtown Youth Centre

1633 Richter St, Kelowna (\*map at bottom)

**Monday to Friday 3pm-8pm**  
**Youth, ages 13-24 years**

Boys & Girls Clubs

**\*No registration or program fees**

The Drop In program operates on the principles of providing a client-centered, non-judgmental, flexible, and integrated service. Engaging with this population at street level requires emphasis on developing and maintaining trusting and healthy relationships with youth and their community partners. Prevention through supervision, engagement and skill development is integral to serving Drop In youth. Youth need leadership and guidance to succeed. As an agency, we believe that great futures start here and that every youth needs a safe place to be. The programs at the Drop In are developed according to the trends and needs of the youth we serve.

Youth programs and services are targeted to youth who are between the ages of 13-24 years. Recreation Programs support leadership and character development, self-esteem and a sense of belonging through peer interaction and positive adult relationships. The Drop In is focused on meeting the needs of a variety of youth with differing learning styles and stages of development. Programs and activities are planned monthly to address the current trends, needs and wishes of the youth. The quality of programs is reviewed with basic observation, feedback forms and participation tracking, and OBGC Programming Standards\*.

We offer a variety of both structured and unstructured activities in the Drop-In which include but are not limited to:

### Access to Basic Needs

- **Food & Beverages**, lunch, snacks, dinner and care packages for home
- **Hygiene**: Showers, laundry and hygiene supplies.
- **Clothes**: The Karma Closet is a donation run space filled with clothing, hygiene, and basic household items for youth
- **Shelter**: Safe, warm environment attached to Youth Emergency Overnight Shelter; help to serve day time needs of youth experiencing homelessness, as well as provide a trauma informed transition to the shelter for youth in crisis
- **Storage**: Access to short term and long safe storage options

### Access to Resources

- Staff are trained to complete referrals for internal and external programs serving the individualized needs of the youth including access to counselling, addiction services, food bank, free phones/plans, lenses, dental care, social workers, income assistance etc

### Relationship Building

- Variety of structured programs including healthy relationship workshops, pro social and recreation programming, community cleanups as well as consistent and positive mentorship
- Safe, non-judgmental space for youth to get to know each other and staff

### Employment support services

- Building resumes, writing cover letters, interview practice, employments skills, building knowledge around employment rights, support with transportation, internal and external employment referrals and advocacy
- Weekly structured programming with Raise the Grade

### Mental Health Support services

- Structured programming addressing mental health trends, and ongoing skill-building around

- mental health management, and internal and external mental health referrals
- BGCCAN programming including Mind Over Mood, Flex Your Head, To Be Honest

## Recreation

- Basketball, skateboarding, floor hockey, bowling, rock climbing, boxing, Zumba etc
  - Recreation programs are adapted to youth's interest over time
- **Elevation Outdoor Recreation** offers free snowboarding, rock climbing, hiking and downhill biking programs for youth
- **Canadian Tire Jumpstart** offers programs for low income families. The Drop In develops programs using Canadian Tire Jumpstart Grants to meet the needs and wants of the youth

## Life Skills

- Range from mental health and social skills such as communication, emotional regulation, harm reduction, empathy building to mindfulness practice to practical skills such as doing laundry, applying for jobs, hair dressing, cooking, baking and music
- Monthly Programming Calendars indicate 1-2 daily programs dedicated to building life skills

## Leadership Opportunities

- **Lead Up** – Opportunities to develop work skills, self-confidence and leadership with added benefits of building a resume, gateway to scholarships, education and training
- **Youth in Residence** – Peer Mentorship training program for youth interested in working in Human Service Work
- **Youth Volunteering** – from community based projects to supporting staff with housekeeping tasks, and facilitating programs

## Times and Fees

The DYC Drop In is open Monday to Friday; hours are as follows:

- Monday to Friday 3pm-8pm  
Closed on Holidays

There are no registration or program fees.

