



**Capilano
Community
Services
Society**

"Connecting People the Community"

600 West Queens Rd. North Vancouver BC V7P 1J4 604 988 7115 www.capservices.ca

Capilano Community Services Society (Cap Services) is non-profit society we have been serving the community since 1970. Our Youth Service mandated area includes the West side of District of North Vancouver and the City of North Vancouver to provide service youth aged 10-24 "potentially at risk". Youth outreach workers (YOWS) provide youth service in the way of one to one support, afterschool programs, group discussion, school office hours, grade 8 & 10 planning presentations on current youth issues as well as alcohol and drugs, referrals to other agencies, parents and youth themselves. Many outreach events to engage Youth in community events, activities, and offer youth venues for volunteer hours.

Cap Services Youth Outreach Programs: What we offer youth

Capilano Youth Services provides one to one support, school and community outreach and programming for youth between the ages of 10 and 24 who live in North Vancouver. Referrals come from parents, teachers, and the youth themselves. The area we generally serve covers Lower and Upper Capilano, but please contact us as we can offer referrals to other community organizations.

Norgate Elementary	Grades 6 - 7	After-School Program/Transitions to grade 8
Norgate Youth Centre	Grades 6- 8	Wednesday Nights 6: 15 to 9 pm
Capilano Elementary	Grades 6 - 7	After-School Program/Transition to grade 8
Carson Graham Sec.	Grades 8 - 12	A&D /Lunch groups/ boys and girls separate/Office Hrs.
Handsworth Sec.	Grades 8 - 12	Current Youth issues class presentations/ Office Hrs.
Mountainside (Balmoral)	Teen 13-18	Band nights last Friday of the Month 6 pm – 9pm / Office Hrs.

One to One Support

Our Youth Outreach Workers offer one to one support for youth. Their role is to provide support by listening and advocating for youth in need. They can assist with issues such as: trouble with school, anger management, self-esteem, and family and peer relationship difficulties. Outreach Workers can also assist youth and parents to access other agencies and services by referrals.

Outreach in Schools

Youth Outreach Workers have regular office hours at Mountainside, Carson Graham and Handsworth schools and are often present at school events and activities. Youth can meet with an outreach worker at the school, or can set a time to meet after school. Often we run lunch groups and partner with other agency youth workers to help fulfill the need. Anyone can refer a youth to see a youth worker, including the youth themselves. We provide afterschool activities at Norgate and Capilano Elem. for pre-teen grades 6 & 7. We have a variety of educational information available on many different current topics relating to youth. The outreach workers are available to make classroom presentations as well as meet with the school counselors or teachers, PACS and community groups; please call the office at 604-988-7115.

Youth Outreach in the Community

Community activities are available to all youth in North Vancouver. Civic Youth Award Nominations are offered by the District and the City during Youth Week May 1-7 each year. Scholarships are available for youth to apply from film to basketball - give us a call! Volunteer opportunities for Youth needing volunteer hours for graduation requirements are available through Cap Services. Volunteer Hours – Youth Week May 1, 2014 taking names now. Other resource for volunteer opportunities contact North Shore Community Resources Website www.nscr.bc.ca/volunteer/volunteer.html

Other Youth Related Recreation Centre Programs

Delbrook Recreation 600 West Queens NV - 604 983 6300

- Weight Room available 15 year olds
- (Hours Mon. -Thurs. 5 30 am 10pm / Friday 5 30 - 8pm /Sat. 7am- 6 pm/Sun 8 am- 6pm)

Harry Jerome Centre Lonsdale NV and 22 – 604 983.6402

Youth Tuesdays for 11-15 yrs., 5:30-8:30pm Youth centre Fridays for 13-18 yrs., 6-9:30 pm

John Braithwaite Community Centre 145 West 1st, NV 604 982 8300/604 982.8311

- Youth Centre 13-18 yrs. Monday – Thursday 6-9:30pm *youth workers and youth make dinner together on Thursdays
- *first Monday of every month is for their Emerging Adulthood support group, 18-24 yrs. (no younger youth allowed)
- Fridays and Saturdays 6-11pm

Capilano Community Services Youth Outreach Workers Qualifications

- ✓ They are required University Bachelor Degree in Social Services.
- ✓ They have yearly driver abstracts and first aid updates. Criminal record checks.
- ✓ They have monthly support with caseloads with clinical supervision.
- ✓ Weekly support from Executive Director

Cap Services Staff Contacts

Sukh Kandola	sukh@capservices.ca	604 417 7095	Youth Outreach Worker
Dominique Pouliotte	dominique@capservices.ca	604 418 3525	Youth Outreach Worker
Miranda Pattyn	Miranda@capservices.ca	604 417 5474	Youth Outreach Worker
Miki Nash	miki@capservices.ca	604 988 7115	Office Manager
Renée Strong	renee@capservices.ca	604 988 7115	Executive Director

Capilano Community Services Society has been serving the community since 1970 and is funded in part by the District of North Vancouver the City of North Vancouver, District of West Vancouver, Vancouver Coastal Health, the Province of BC, Community Service groups, Corporate and Private Donations We are a registered nonprofit society. (Updated Jan. 2014)