



DROP-IN PROGRAM

Monday: Mondays are designated to the professional development of the youth. Every other Monday, two successful and articulate board members, Bob Hunt and Laurie Dean, come by the shelter and prepare a 1½ hour presentation on many of the subjects under the umbrella of professional development. These include, but are not limited to; resume writing, interview counselling and preparation, goal setting, budget planning, and online job/apartment searching. So far the response has been quite astounding, with many of the youth, in their own way, making progress in various area along their own process. On the off Monday's when Bob and Laurie are not here, we have had various programs that fall under the umbrella of professional development as well. We have bridged a connection with the Gambit Barbershop for the youth to receive complimentary haircuts on the first Monday of every month in the shelter. We have also bridged a connection with Georgian College around their YJC (Youth Job Connection) Program. The director of this program, Gerry Holden, has been by numerous times (as we always have different youth show up to drop-in) to speak with the youth about the program, and all that it offers. He also brings sign-up sheets for the youth that are inclined to sign up after hearing what he has to say.

Tuesdays/Thursdays: Tuesdays and Thursdays are designated towards therapeutic programs. To date we are in contact with certain agencies and setting up art as therapy in the coming weeks. We have a certified yoga instructor that runs a 1 ½ yoga class every Thursday that is always highly anticipated by the youth. A representative from Public Health Orangeville also comes in on the second Tuesday of each month to do STI testing, discuss birth control options, share harm reduction supplies and naloxone. Immunizations will also be offered and available for those eligible and wanting it.

Wednesdays/Sundays: Wednesdays and Sundays are both designated to cooking classes. The Wednesday program is run by a wonderful educator and chef, Carolyn. She is the lead ingredient organizer and prep cook for the show 'Top Chef Canada'. Each week she walks the youth through different recipes, many of which they have never even tasted before. The Sunday program is run by Chef Alex, who also volunteers at many churches around the area. He is a Rastafarian from the Caribbean and has a very special way of connecting with each every youth individually. Chef Alex walks the youth through how to create something great out of ordinary, with each week taking the items in a food box and making very delicious meals that the youth could do themselves. The recipes from both cooking programs are being compiled in individual cook books for each youth, safely stored away until they request them.

Friday: Friday's program, 'Pay-It-Forward Friday', is dedicated to the youth giving back to the community that has helped them and supported them. The youth volunteer around the community at local business and organizations that need the help, with the bonus being that this volunteer work can be included on their resumes.

Saturday: Saturday's program is dedicated to the youth taking time to regroup from the stresses of the week. The 'Self Care Saturday' program is adored by the youth. They all appreciate being able to sleep in and complete the necessary routines specific to each individual. Whether it is doing their nails, completing their laundry, watching a movie or having a shower, the ability to off these youth a safe place to relax and unwind has been a blessing for the drop-in program.