



Social Club at Flipside

A club to help with socializing / interpersonal relationships through fun activities and through a sense of contribution.

Ages: 10 – 12

Time: Thursdays: 3 – 5 (with a soft start time depending on kids' arrival)

Dates: October 2nd to December 9 (Thursdays)

Location: Flipside Teen Centre (located at Pearkes arena behind Tillicum)

What we will do:

Primarily, this will be a Project-based group with an end result such as a film, online zine, web site, etc.

Physical activity / stress reduction

Mindfulness activity / regulation and self-awareness

Themes and problem solving through some discussion

Benefits:

- Sense of accomplishment
- Exposure to new situations, roles and skills
- Friendship making and building (positive supportive environment)
- Aids in preventing social behaviour problems
- Develops self-awareness and self-regulation
- A fun place to go every week where kids feel supported and part of something.

Contact:

Erin Ewart or Tara Nargang, Family Support Workers

Saanich Neighbourhood Place t. 250 360 1148

* there will be a minimal referral process to minimize barriers to attending.

