

SD43-DWUL: Community Letter

December 2021



Do What U Luv - Online Platform

Other community-based programs, education, and services

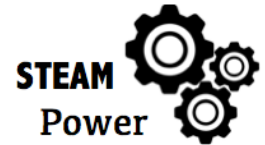
Mpower Lives - Youth “Mpowerment” Camps

- (CLICK) [Winter break camps: Dec 20-22 & Dec 27-29 - Register now](#)



Innovation Works - Online STEAM Programs

- (CLICK) [Online coding & game \(Beginners & Intermediate, scratch, python\), Line Drawing Art series, Graphics Design](#)



Moresports BC - Youth Volunteer Opportunities

- Tri-Cities hub, ages 12-18 - (CLICK) [Submit an online form](#)



Community Resources

Tri-Cities Kids Matter: [Community resource guide for COVID-19](#)

City of Coquitlam: [Recreation Programs](#)

City of Port Coquitlam: [Recreation & Youth Services](#)

City of Port Moody: [Parks and Recreation](#)

Place Maillardville Community Centre: [Youth Programs](#)

Place des Arts: [Community Arts Programs, in-person or online](#)

Westcoast Family Centres: [Free activities and workshops](#)

Tri-Cities Children’s Charter of Rights: [Available in multiple languages](#)

Tri-Cities Healthy Living Working group: [Creating healthy habits - Get the “Live 5-2-1-0 App.”](#)

James Park Community School: [Online Registration for Winter programs](#)



Resources are provided with the help of Do What U Luv, Tri-Cities Kids Matter, Moresports Coquitlam, City of Coquitlam, City of Port Moody, and City of Port Coquitlam. Questions? Please contact them directly.

2 Day Holiday Camps

Martial Arts, Yoga, Acting & Fun Games!!



Cost: \$69.00

Time: 12:30pm - 3:00pm (bring a snack)

Location: Mary Hill Fit Body BOOTCAMP - 503 - 1515, Port Coquitlam

These fun afternoon camps will support your child's mental, emotional, social, and physical well-being while building confidence and self-esteem in a safe supportive environment.

Dec 20 & 22 [click here](#)

Dec 27 & 29 [click here](#)

For questions email programs@dowhatuluv.ca

Classes are:

- Martial Arts & Self-Defense
- Acting and Improv
- Yoga & Mindfulness
- Fun games



“I had so much fun and made new friends!!”

