



# Port Moody Times

Tuesday  
December 13, 2022  
Day 2

**LOST & FOUND:** There are tables set up with all the Lost & Found items by the front entrance near the MPR. Please take a look during lunch or after school if you have lost anything this school year. Any unclaimed belongings after December 16 will be donated.

If any of the following items belong to you, please come to the office to claim.

- Air Pods (3 1/2 sets)
- Compass Card
- Vintage Phone

### **ATTENTION ALL STUDENTS**

Counsellors and the IB Coordinator will be unavailable to respond to email or requests for references over the winter break. If you have a request or inquiry, ensure that you make it early this week. Counsellors will respond to emails on our return January 3<sup>rd</sup>, 2023. The IB Coordinator will be responding to email inquiries on his return after January 6<sup>th</sup>.

### **ATTENTION GRADE 12s**

Transcript Verification Packages are now **PAST DUE!** Please return your signed, reviewed packages to the Main office as soon as possible! Counsellors may reach out for additional documentation, if required for adjustments or corrections identified.

### **GRADE 12 ARTISTS**

Grade 12 artist's graduating June or Jan 2023 may be able to show your art in a professional space exhibit.

The SD43 **Emerging Talent student art exhibition is happening for the second time at Place des Arts in January 2023.** To have your art considered for this exhibit (and possible entry for the scholarship board in May) please see Ms. Gardner 8:30 to 8:40 in Flex Wednesday Dec 14<sup>th</sup> in room 211art for a brief meeting and to receive forms. If you miss this time-slot for the meeting, you may try to catch her at other times. You will need to bring images of one, two, or a maximum of three artworks to be considered for exhibit (photos of them are fine). If you are continuing in Visual Art or Architecture in Post-Secondary and have the names of programs this is an advantage.

### **LIBRARY**

**Dec. 5<sup>th</sup> -16<sup>th</sup> Elves for empty shelves** – Last two week of classes

We need some elves to help empty our library shelves for winter break. Our books don't want to spend the holidays cold and alone, so we need you and your students to come into the Library Learning Commons and take them home for the holidays. Students and Staff can borrow up to 10 books for the holidays beginning the Dec. 5th. Come on in and help us empty the shelves for the holidays.

**Tuesday, Dec. 13 Flex, Block 1, 2, and 3 - Public Library Card Drive**

Librarians from the Port Moody Public Library will visit on Tuesday, Dec. 13<sup>th</sup> to sign students up for library cards. They will be in the Library Learning Commons in Flex and the MPR at lunch. Students will need proof of address to sign up.

**Tuesday, Dec. 13<sup>th</sup> and Thursday, Dec. 15<sup>th</sup> Lunch - Letter Writing**

Come to the Library Learning Commons and write a letter. We'll have fancy paper, envelopes, rubber stamps, die cutters, coloured pens, and typewriters available. Write a letter to someone near or far because a personal letter is so much better than another DM.

### **BLUES RUN CLUB**

Whether it's to become more fit, try something new and push yourself, make new friends and fun memories, or for the potential cash prizes (\$3000 with multiple methods of winning including a random draw or team with the most members!), YOU should join our school's Vancouver Sun Run team, the "Blues Run Club"! The Vancouver Sun Run, Canada's largest running event, is an annual 10k held in our beautiful city every April. Bring your friends/family along with you too! Runners of all levels are welcome. Fill out this quick form if you are interested: <https://forms.office.com/r/iJqZAyaDzq>.

## WORLD CUP BRACKET CHALLENGE

The standings for the PMSS World Cup 2022 Bracket Challenge up until Monday's matches are as follows:

Name	Group Stage Points	KO Points	Total Points
Ella F.	18	26	44
S. Tam	18	26	44
Sophia S.	19	22	41
Vincent H.	18	22	40
Jonathan X.	19	20	39
Daniel A.	15	24	39
Leo Z.	15	22	37
Isabella P.	15	22	37
A. Sarte	17	20	37
Ziyad K.	14	22	36
Yukyeom J.	18	18	36
WeiWei L.	18	18	36
Johnny N.	17	18	35
E. Roberts	13	22	35
Iden H.	13	22	35
Jacob C.	13	22	35
Misha M.	15	20	35
Ryan G.	15	20	35
Grace G.	12	22	34
Chris B.	12	22	34
Alicja K.	14	20	34
A. Chan	14	20	34
David K.	14	20	34
Elias A.	14	20	34
G. Valente	14	20	34
Canaan G.	16	18	34
Owen P.	16	18	34

## 12 DAYS OF HOLIDAY

Hi PMSS! Student Council presents to you the 12 Days of Holiday, an event spanning across the 12 school days in December before Winter Break, from Dec 1st to the 16th. The 12 Days of Holiday is comprised of 3 main things: The SHARE Food Drive, The Community Clash, and the December Countdown. The aim of the 12 Days of Holiday is to get as many donations as we can for the SHARE Food Bank, as well as to have fun through friendly competition, individual events, and spirit days! The calendar included shows all of the events in the 12 Days of Holiday and the form links needed for non-Block 2 events.

### Winning the Community Cup

A tradition of PMSS, the winner of the community cup and the pizza party will have the most points in the 12 Days of Holiday. These points are won from participation in The Community Clash as well as donations to the Food Drive.

### The SHARE Food Drive

The SHARE Food Drive will be from December 1st to 14th, with SHARE picking up the donation boxes on the 15th. Student Council members will count your Block 2 class's food donations and tally up the points you earn. For IB block two classes, the day 1 and day 2 classes will count as one class, and points earned will be divided by 2.

### December Countdown: Non-Point Based Events and a Spirit Week

For the final school week before winter break, from December 12 to the 16th. There will be fun events for ALL that won't contribute points to the Community Cup and will not be in your Block 2 classes. There will also be a spirit week.

### EVENTS:

- **Wordle Battle:** Play real-life Wordle! Guess the sentence using the clues that will be written on the bulletin board in the MPR and send it to us via MS Forms! The first 3 people to guess it will a sweet prize!
- **Teacher Vs Student Family Feud in the Drama Room:** Teachers and students go head-to-head to answer trivia questions of all kinds, ranging from mathematics to sports knowledge to the holiday season! The doors will be open to students to watch, but you must sign up via MS Forms before (there will be a deadline).
- **Christmas Movie at Lunch in the Drama Room:** A classic Christmas movie, decided by the students, will be played alongside some movie snacks. Bring your friends but remember to sign up before via MS Forms!
- **Cookies and Hot Chocolate with Santa:** Come to school at 8:15 AM (Flex time) on Friday for cookies and hot cocoa! First come first serve. Also take some photos with the StuCo Santa Claus with your friends and play some mini games in spirit of the last day of school before Winter Break.

**SPIRIT WEEK:**

- **Iconic Duo Day:** Grab a friend and dress up as an iconic duo, whether fictional or in real-life!
- **Christmas Grade Character:** Teachers dress up as snow-people, G12s dress up as Santa Claus, G11s dress up as Christmas trees, G10s dress up as reindeer, and G9s dress up as elves.
- **Anything but a Backpack:** Carry something other than your usual backpack for all of your school supplies. Make sure you're being safe – don't bring anything that you can't hold properly, is too heavy, is too loud, or may cause any sort of issue!
- **Ugly Sweater and PJs Day:** Either wear your ugly sweater, your PJS, or both!

STUCO DECEMBER CALENDAR			December 1st	December 2nd
Legend: Events to win your class points. (Form links have been shared with teachers.) Normal Events (for all) you can play for fun. Spirit Days (Dress Up!) Important Dates (Deadlines/Announcements)			Food Drive Begins (1st - 14th)  Door Decorating Contest Begins (1st to 9th)	Door Decorating Contest in your Block 2 Class -> Due Dec.9th  Submit your Door picture before or on Dec.9th
Monday	Tuesday	Wednesday	Thursday	Friday
December 5th  Jar Guessing Contest!	December 6th  Wrap an Item (as something not even remotely close) Contest!	<b>December 7th</b>  <b>Holiday            Rap/Song            Contest!</b>	December 8th  Build A Snowperson	December 9th  Charades Contest!  <b>Deadline for Door            Decorating Contest</b>
December 12th  Elf on the Shelf Contest! Submit on Instagram  Candy Cane Day!	December 13th  <b>Wordle Battle Contest!</b>  Submit your guess here: <a href="https://forms.office.com/r/UAi2KDciji">https://forms.office.com/r/UAi2KDciji</a>  <b>Iconic Duo Day!</b>	<b>December 14th</b>  <b>Teacher Vs            Students Family            Feud Trivia            Sign Up here:  <a href="https://forms.office.com/r/qmtqxrwPHm">https://forms.office.com/r/qmtqxrwPHm</a></b>  <b>Last day of the            Food Drive</b>  <b>Christmas Grade            Character Day!</b>	December 15th  <b>Christmas Movie            @ Lunchtime!</b>  Sign Up here: <a href="https://forms.office.com/r/dj8nS90sur">https://forms.office.com/r/dj8nS90sur</a>  Food Drive Pickup  Announcing the winning class  <b>Anything but a            Backpack Day!</b>	December 16th  <b>Cookies and Hot            Chocolate with Santa!</b>  <b>Ugly Sweater + Pajama            Day!</b>  <b>Last day before winter            break</b>

## ONGOING

**PARENT FORMS & STUDENT FEES:** School District 43 uses the KEV School Cash Online (<https://sd43.schoolcashionline.com>) for both fee statements and District Policies forms.

**STUDENT PARKING PASS:** If you will be parking in the lower parking lot please come to the office at lunch or after school to pick up a Parking Registration form.

**PMSS TIMES NEWSLETTER:** The PMSS Times newsletter will be emailed to parents and students on **Tuesdays** and **Thursdays**. Announcements will not be read over the PA. You will find copies of the PMSS Times outside the office, in the Cafeteria under the clock, and in the Library Learning Commons beside the circulation desk.

## **CAREER CENTRE**

Post-Secondary Information, Admissions Updates, New Post-Secondary Programs, Scholarships, Volunteering, Employment, Career Programs & Training, Leadership and Enrichment Programs

### PMSS Career Resource Centre

**Room: 3066.** Open from 8:00am – 3:30pm Monday-Friday.

If you have any questions or to book an appointment, please feel free to email Ms. Rose at [jorose@sd43.bc.ca](mailto:jorose@sd43.bc.ca) or call 604-939-6656 ext. 3066

### Virtual / In-person Information Sessions, Presentations & University / College Fairs

- **\*NEW\*** Please visit, [UBC events](#) to register to virtual UBC Info session for January 4, 5, 10, 11
- **\*NEW\*** Please visit, [Attend an Info Session - Faculty of Applied Sciences - Simon Fraser University \(sfu.ca\)](#) to register to their upcoming info session – Undergraduate Programs. January 5, 11, 26, 2023

- **\*NEW\*** Visit, [University of Toronto - U of T Webcasts for Prospective Students \(utoronto.ca\)](https://utoronto.ca) to register to their upcoming info session December 12, 13, 14, 19, 20<sup>th</sup>, 2022

The **Université de Montréal** is proud to launch its much anticipated second **Summer Immersion Program!** When you're a student, nothing says summer like discovering the world, experiencing life and exploring new interests. What is the Summer Immersion Program? It's an **immersion program** for **young people aged 15 to 17** from around the world who want to step into the fast-paced university world and join the student community of tomorrow. **From July 15 to 29, 2023**, they can walk in the shoes of UdeM students during a memorable stay on a charming university campus, at the foot of iconic Mont Royal and just a stone's throw from a culturally vibrant downtown. To learn more [Summer Immersion Program \(umontreal.ca\)](https://umontreal.ca)

### **General Learning Opportunities**

- **22+ Trades Training Programs**, Visit "[TRAIN in Trades" Programs - School District No. 43 \(Coquitlam\) \(sd43.bc.ca\)](https://sd43.bc.ca) **Contact: Doug MacLean** Career & "TRAIN in Trades" Coordinator 604-341-8977 [dmaclean@sd43.bc.ca](mailto:dmaclean@sd43.bc.ca)
- **\*NEW\* University of Alberta** is inviting 20 lucky students to get away to the U of A! Attendees will join them in Edmonton, Alberta's capital city - Canada's largest, northernmost metropolis - where they will discover their breathtaking North Campus, nestled atop the lush North Saskatchewan river valley and just steps away from the iconic Whyte Avenue district. Their adventure will include transportation reimbursement\*, accommodations, meals and a jam-packed schedule of events. They will stay in residence, explore state-of-the-art facilities, uncover hidden gems on campus and experience U of A student life first-hand.  
**Who:** 20 Grade 11 Students From Across Canada  
**When:** May 26 - 28, 2023  
**Where:** University of Alberta, Edmonton, Alberta  
Students can learn more and apply at [uab.ca/getaway](https://uab.ca/getaway). The application deadline is January 31, 2023.

### **Volunteer/Employment Opportunities**

- **PORT COQUITLAM RECREATION** is excited to be offering a number of volunteer opportunities for people 14 years of age and older beginning this January, with opportunities for community members to build their resumes, develop their leadership skills and connect with their community. Applications are now available on our website, with interviews taking place until December 22<sup>nd</sup>. For more information and to apply, visit for <https://www.portcoquitlam.ca/recreation/volunteering/>
- **COQUITLAM CENTRE** is providing gift-wrapping services to shoppers, and all proceeds go to benefit SHARE Family and Community Services, in addition to hosting the Toy Bank location for families who need some extra help making the holidays special for their kids this year. We invite you to volunteer, as an individual, family or group, to help with gift wrapping and toy sorting while spreading holiday cheer. **We ask that volunteers under age 19 be accompanied and supervised by a parent, guardian or other trusted adult such as a teacher.**  
If there are any questions or concerns, or if you'd like some help navigating the system, please feel free to reach out to us, either by email [volunteers@douglasokero.com](mailto:volunteers@douglasokero.com) or by phone 604-996-1635.  
To register for 2022 SHARE Gift Wrap and Toy Bank volunteer roles at Coquitlam Centre, [CLICK HERE](#)
- **SKY'S NO LIMIT - GIRLS FLY TOO!** April 29-30, 2023 Main event days **volunteer** areas include: Passenger/Volunteer Check-In, People/Traffic Control, Motorcycle Security, Helicopter Support Crew, General Help. **Contact:** [www.girlsfly2.ca](http://www.girlsfly2.ca)
- **FOYER MAILLARD RETIREMENT RESIDENCE (VOLUNTEER)** **What:** Foyer Maillard is in the process of restarting their volunteer program and are looking to add dynamic caring people to their team! Some positions that may be available is Hair Salon Assistant, walking partner, and activity assistant. **For:** Ages 13+ **Where:** Foyer Maillard Retirement Residence in Coquitlam **To apply:** See Career Centre for application form
- **PORT MOODY WINTER FARMERS MARKET (VOLUNTEER)** **For:** Youth 13+ **Runs:** Every Sunday from Nov 6 2022 – April 30th 2023 between 8:00am – 3:30pm (2 hour shift minimum) **Where:** Parking lot of 300 loco Road
- **RIDEAU RETIREMENT RESIDENCE (VOLUNTEER)** **WHAT:** LOOKING FOR BINGO ASSISTANTS AND MUSICIANS/ PERFORMERS/ ENTERTAINERS **WHERE:** RIDEAU RETIREMENT RESIDENCE IN BURNABY **FOR:** STUDENTS 13+
- **PORT MOODY SOCCER** is recruiting volunteers to help run their Adaptive Soccer Program, which is designed for all youth aged 5-18 years with disabilities/abilities. **Starts January 6, 2023.** Sessions are held once a week at Trasolini Field in Port Moody (behind the Rec. Center Complex on loco Road) **Volunteer commitment:** 6:15pm- 8:45pm on Friday's  
**They are happy to provide Volunteer letters.** For more info, visit their website:  
[Adaptive Soccer Program | Port Moody Soccer Club](https://www.portmoodysoccer.com) Or email Teri Shaw, Adaptive Soccer Program Director:  
[teri.shaw@portmoodysoccer.com](mailto:teri.shaw@portmoodysoccer.com)

### **Scholarship / Awards**

- **TD SCHOLARSHIP FOR INDIGENOUS PEOPLES.** Students from Indigenous communities could receive up to \$60,000<sup>1</sup> towards college or university! TD understands that students from First Nation, Métis and Inuit communities face unique challenges and systemic barriers that can make getting a post-secondary education difficult. That's why TD worked with [AFOA Canada](https://afoa.ca), a not-for-profit led by Indigenous Peoples, to create a scholarship to help meet the unique needs of students from the Indigenous community. Submission deadline is **January 16, 2023**. For more information visit, [TD Scholarship for Indigenous Peoples](https://afoa.ca)
- **THE TEAL CHARITABLE REFUGEE AWARDS** The TEAL Charitable Foundation (TCF) was established by BC TEAL in 1986 and is registered as a charitable organization with Revenue Canada. TCF's charitable status enables it to engage in fundraising activities to support its mandate. The TEAL Charitable Foundation's mandate is to support the teaching and learning of English as an additional language. Each year, the TCF presents twelve awards valued at \$35,500 each year.. The awards are funded through interest accrued from the TCF endowment which is administrated by the Vancouver Foundation. **The application deadline for the TCF Refugee Award is January 31st of each year.** For more information visit, [TCF Awards for Students – TEAL Charitable Foundation](https://teal.ca)

- THE BC EXCELLENCE SCHOLARSHIP** is awarded to 55 well-rounded high school graduates who have demonstrated service and leadership, both at school and in their communities, and who show aptitude for and commitment to their chosen career or area of post-secondary study.

Successful recipients are awarded a \$5,000 scholarship voucher from the Ministry of Education and Child Care that they can use to be reimbursed for tuition paid after they are attending a post-secondary institution that is designated by the Province of B.C. (i.e., approved for Canada Student Loans) or a program provider that is approved by the Industry Training Authority. PMSS will nominate one student. To be considered for nomination, submit a BC Excellence Scholarship Nomination Application to Ms. Campbell at [cicampbell@sd43.bc.ca](mailto:cicampbell@sd43.bc.ca) or Ms. Rose at [jorose@sd43.bc.ca](mailto:jorose@sd43.bc.ca) by Friday, Jan. 13, 2023, at 3pm.
- CMOLIK FOUNDATION SUPPORTING SCHOLARS**

Every year, they award up to 20 scholarships, each one a maximum of \$40,000 paid over five years of study, to students graduating from BC high schools. Scholarship recipients have faced adversity but have responded with positivity and tenacity, achieving academic and social goals. With hard work and support, their post-secondary dreams can become a reality. For more information visit, [The Cmolik Foundation | Undergraduate](#)

Applications are due February 7th of each year for post-secondary enrolment beginning in September of that year
- COQUITLAM FOUNDATION SCHOLARSHIP AND BURSARY**

Primarily distributed to graduating high school students who are in need of financial support, adult learners are also welcomed to apply to continue their post-secondary education. Visit [Bursaries \(coquitlamfoundation.com\)](#) for more details. Application is open from December 1<sup>st</sup> to March 31<sup>st</sup> [Coquitlam Foundation Scholarship and Bursary Application \(airtable.com\)](#)

Since there are multiple bursaries and scholarships to choose from, applicants can apply to any or all that they are eligible for. However, only one scholarship/bursary will be awarded per applicant.
- SFU CYPRESS KNOWLEDGE FORUM** change-makers will get the opportunity to explore this campus, gain new knowledge in its lecture halls, and make lasting connections with their peers under its roof. During this daylong event participants will attend four interactive lectures on problem-solving from esteemed SFU faculty members, and then apply their skills and creativity to come up with solutions for global challenges such as climate change in groups of three. The group with the best solution will be awarded the \$15,000 scholarship and will receive all the necessary support to bring their idea to life. Their scholarship does not have any GPA requirements and their event is not for profit.

**When:** Jan 21, 2023, 9:00 a.m. – 7:00 p.m. PST **Where:** SFU Burnaby Campus, 8888 University Dr, Burnaby, BC V5A 1S6, Canada. For more details, [Win Scholarships | Cypress Knowledge Forum](#) **Buy tickets:** [Cypress Knowledge Forum | My Site](#)
- BEEDIE LUMINARIES SCHOLARSHIP PROGRAM** accepting 2023 Applications starting November 13, 2022 to January 12, 2023 (9 AM PST). Looking for **Grade 12 students in B.C.** who are facing financial barriers to apply for one of 100+ scholarships available in 2023. Recipients will **each receive up to \$44,000** towards their post-secondary studies at any public university, college or trade school in B.C. Encourage students considering a career in the trades to apply. [APPLY!](#)
- WEST KELOWNA ORTHODONTICS SCHOLARSHIP** **What:** Can be in any field of study. Need to submit essay on ways orthodontics treatment can make a difference in a person's life. **Value:** \$500.00 Application deadline: December 31st 2022
- JANUARY MARIE LAPUZ YOUTH LEADERSHIP AWARD.** This annual award is given to exceptional youth 16 to 30 who have shown commitment and leadership within the 2SLGBTQ (*stands for two spirit, lesbian, gay, bisexual, transgender, and queer.* ) + community. The winner receives a cash prize of \$1000, First Runner Up receives \$600, Second Runner Up receives \$400. Honorable mentions receive \$200 and Emerging Leaders receive \$200. Deadline to apply is **December 31, 2022**. Please click on the link below for full details about the award and to learn more about Sher Vancouver. The deadline to receive applications is December 31, 2022. <https://januaryfilm.com/youthaward/#apply>
- \*NEW\***2023 Horatio Alger Association of Canada Scholarship. Scholarships of up to \$10,000 are awarded to full-time students grade 11 high school students with financial need (family income under \$65,000) who have demonstrated integrity and perseverance in overcoming adversity, a commitment to pursue a post-secondary education, a desire to contribute to society, and a good academic record. To [apply](#). For more scholarship opportunities visit, [About Our Scholarship Programs - Horatio Alger Association Canada](#). Deadline March 15<sup>th</sup>, 2023
- \*NEW\***The TEAL Charitable Refugee Awards. The TEAL Charitable Foundation (TCF) was established by BC TEAL in 1986 and is registered as a charitable organization with Revenue Canada. TCF's charitable status enables it to engage in fundraising activities to support its mandate. The TEAL Charitable Foundation's mandate is to support the teaching and learning of English as an additional language. Each year, the TCF presents twelve awards valued at \$35,500 each year.. The awards are funded through interest accrued from the TCF endowment which is administrated by the Vancouver Foundation. For more information, visit [TCF Awards for Students – TEAL Charitable Foundation](#)

## PARENTS

For information regarding PAC, please visit <https://www.sd43.bc.ca/school/portmoody/Parents/PAC/Pages>

### Please mark your calendars for upcoming PAC Meetings:

- Tuesday, January 10<sup>th</sup> at 7pm
- Tuesday, February 7<sup>th</sup> at 7pm
- Tuesday, April 4<sup>th</sup> at 7pm
- Tuesday, May 2<sup>nd</sup> at 7pm
- Tuesday, June 6<sup>th</sup> at 7pm

# COMMUNITY

## PARENT & CAREGIVER CIRCLE

Virtual drop in education and support for parents and caregivers who are concerned about their youth and substance use. The journey of parenting can have many highs and lows. This is especially true when faced with the challenging task of parenting a teenager. Each week there will be a different topic to discuss.

### **WHEN:**

Thursdays from 7pm to 8pm

### **WHERE:**

On Zoom. Link distributed weekly. This is a drop-in group. Come for all 8 weeks or come when you can. Parents/Caregivers can join anytime, but must have an orientation with a facilitator before attending their first session.

### **TO REGISTER:**

Click on the date below to sign up for each drop in session. you must register by the Monday at noon of each week's session in order to set up an orientation time with a facilitator before the week of group

### **TOPICS INCLUDE:**

[Jan. 12:](#) Boundaries and Managing Conflict

[Jan. 19:](#) NaloxHome and Harm Reduction

[Jan. 26:](#) Youth Offering Listening Opportunities Event (6:30 to 8:30, separate registration link to follow)

[Feb. 2:](#) Burnout and Self Compassion

**FOR MORE INFORMATION, OR IF YOU ARE HAVING TROUBLES WITH REGISTRATION LINKS, CONTACT SHARE FAMILY & COMMUNITY SERVICES INTAKE AT 604.540.9161**

**SHARE'S YOUTH SUBSTANCE USE SERVICES INVITES YOU TO:**

## **Parent & Caregiver's Circle**

Virtual drop in education and support for parents and caregivers who are concerned about their youth and substance use.

The Journey of parenting can have many highs and lows. This is especially true when faced with the challenging task of parenting a teenager. Each week there will be a different topic to discuss.

**WHEN:**  
Thursdays from 7pm to 8pm

**WHERE:**  
On Zoom. Link distributed weekly.

This is a drop-in group. Come for all 8 weeks or come when you can.

Parents/Caregivers can join anytime, but must have an orientation with a facilitator before attending their first session.

**TO REGISTER:**  
Click on the date below to sign up for each drop in session. You must register by the Monday at noon of each week's session in order to set up an orientation time with a facilitator before your first group session.

**TOPICS INCLUDE:**

- [Nov. 10:](#) Adolescent Development and Attachment
- [Nov. 17:](#) Having Hard Conversations
- [Nov. 24:](#) Continuum of Substance Use and Stages of Change
- [Dec. 1:](#) Mental Health and How to Navigate the Systems
- [Jan. 12:](#) Boundaries and Managing Conflict
- [Jan. 19:](#) NaloxHome and Harm Reduction
- [Jan. 26:](#) Youth Offering Listening Opportunities Event (6:30 to 8:30 separate registration to come)
- [Feb. 2:](#) Burnout and Self Compassion

**FOR MORE INFORMATION, OR IF YOU ARE HAVING TROUBLES WITH REGISTRATION LINKS, CONTACT SHARE FAMILY & COMMUNITY SERVICES INTAKE AT 604.540.9161**