



Port Moody Times

Tuesday
January 24, 2023

LOST & FOUND: If any of the following items belong to you, please come to the office to claim.

- Air Pods
- Compass Card
- Credit Card
- Glasses
- Scientific Calculator
- Ear Buds (in black case from Rm 309) since beg. of semester 1

STUDENT CALL TO THE OFFICE: Jenny Lee, Radin Shahrivar

COMMENCEMENT MESSAGES

Gr. 12's, it's time to submit your message that will be read during the commencement ceremony June 17th. Please use the Forms link to complete. Submissions must be made by February 23rd. If there are any questions or concerns, please reach out to Ms. Nembhard. <https://forms.office.com/r/VjX24UiKqp>

COMMENCEMENT GOWN ORDERS

Gr. 12 graduating students are asked to please complete this quick form to determine their size for Graduation gowns. The deadline to complete the form is February 23rd. Students will keep their gown after the graduation ceremony, scheduled for June 17th at the Orpheum theatre. <https://forms.office.com/r/96fBt0qhGZ>. If there are any questions, please contact Denise Nembhard, Vice Principal.

ATTENTION ALL STUDENTS

Please access your semester 2 schedules through the MyEd Portal. There have been new classes added to semester 2, so students may have had changes to their schedules. It is important that you access the portal and review your semester 2 schedule to ensure that you go to the right classes. Note that the office will not be printing off schedules.

LITERACY 12 ASSESSMENT—JANUARY 25

The Literacy 12 assessment will be written January 25 from 9-12. This is a required assessment for graduation. All Dogwood/Ministry students will be writing their assessment on that date, as IB students wrote the Lit 12 assessment in November (any IB students who did not write in November have been registered to write on the January 25th date). Room information will be given out closer to the date. If there are any questions or concerns, please don't hesitate to contact Ms. Nembhard.

AFTER GRAD

Calling all Grade 12 Parents, our next After Grad meeting will be held Wednesday, February 1, 2023, 7pm in the library.

PORT MOODY POLICE DEPARTMENT – INTRODUCTION TO POLICING

The Port Moody Police Department is hosting a **FREE** program for local youth currently enrolled in Grades 11 & 12. The program is designed to give youth an understanding of policing as a career and will allow students to earn volunteer credits (30 hours) they can apply towards their graduation. The program will take place out of the Port Moody Police Department headquarters located at 3051 St Johns Street.

Interested students can gain more information and a registration form from the main office.

Applications are due end of day February 28th, 2023

HAPPY LUNAR NEW YEAR!

Lunar New Year is Sunday, January 22nd. It is an important holiday and celebration for many Asian cultures. The lunar calendar is based on moon cycles as months. The first day of the new year marks more prosperity, luck, and good harvests. Lunar New Year celebrations vary by culture and can involve family banquets, as well as outdoor spectacles featuring firecrackers, fireworks and often dancing dragons.

Each year in the Lunar calendar is represented by one zodiac animal included in the cycle of 12 "signs" along the path of the sun through the cosmos. This year is the year of the rabbit. The rabbit is the symbol of longevity, peace, and prosperity in Chinese culture. 2023 is thus predicted to be a year of hope. Happy Lunar New Year!

HOCKEY TEAM

Any hockey players interested in joining the Blues Ice Hockey team, please meet Wednesday February 1st at the start of lunch in the small gym.

PORT MOODY SECONDARY 2022/2023

End of Semester 1 Schedule ****UPDATED****

		Mon, Jan 23	Tues, Jan 24	Wed, January 25	Thurs, Jan 26	Fri, Jan 27
AM		Last Day of Regular Classes	Supplemental and enrichment instruction	Lit 12 Assessments (Dogwood students) 9:00-12:00 Supplemental and enrichment instruction	Lit 10 Assessments 9:00-12:00 Supplemental and enrichment instruction	Semester 1 Ends Grade 8 tour (11-2:45) New Student Registration and Orientation ELL Assessments
PM			Supplemental and enrichment instruction	Num 10 Assessments 12:30-3:30 Supplemental and enrichment instruction	Grade 8 tour (11-2:45) New Student Registration and Orientation	
Info below for IB 11 and 12 HL classes						
8:45-11:15		Last Day of Regular Classes (Day 2)	Block 1 Day 1	Block 1 Day 2	Block 1 Day 1	Block 1 Day 2
			Block 5 Day 1	Block 5 Day 2	Block 5 Day 1	Block 5 Day 2
12:30-3:00						

The supplemental and enrichment instruction is for students to work with their semester 1 teachers based on their individual needs. During this time, students will attend for remedial and/or supplementary consultation, enrichment to the course learning outcomes, to complete incomplete work, or complete scheduled summative assessments. Some students will have assigned assessments and workshops in relation to the IB programme, grade level, and/or the Ministry of Education's required assessments.

Students are encouraged to schedule appointments with counsellors, coordinators, and the Post-Secondary/Career Advisor during this time. Grade 12 students are advised to have their yearlong coursework for the Career Life Connections 12 (all students) and CAS (IB students) up to date by the end of the week.

Numeracy and Literacy Assessments: assessment session details (times and locations) will be shared and posted in January. These are required assessments for graduation.

Second Semester: classes begin for students **Tuesday, January 31**

PMSS CHESS TOURNAMENT

Student Council and the Chess Club present the first annual chess tournament, which will take place in person in room 307 from February 2-10. Tournament games will happen every day at lunchtime. There is no entry fee, and the prizes will be gift cards for the top 3.

Use this link to sign up for the tournament: <https://forms.office.com/r/x39VqQDare>

You will be added to a MS teams page where more information will be posted. The deadline to sign-up is January 31. Spots are limited, so sign up soon!

THE MATH COMPETITION CLUB

The Math Competition Club is offering the Pascal, Cayley, and Fermat contests this February! Students in Grade 9 are eligible to write the Pascal Contest. Students in Grade 10 or below are eligible to write the Cayley Contest. Students in Grade 11 or below are eligible to write the Fermat Contest.

Registration deadline: Tuesday, January 31st at 11:59 pm

Contest date: Wednesday, February 22nd, 3:30 - 4:30 pm in room 220

Price: \$6.50

Register here: <https://forms.office.com/r/HjSQGGxggC>

If you haven't joined the Math Competition Club, sign up now at <https://forms.office.com/r/dE2LuvbEPe> for exclusive contest updates and information.

For more information about the contests, visit <https://www.cemc.uwaterloo.ca/contests/pcf.html>

For any questions, feel free to email pmsmcc@sd43bccca.onmicrosoft.com!

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>.

PAST YEARBOOKS FOR SALE

Yearbooks from 2018, 2019, 2020, 2021 are on sale for **\$25 CASH ONLY**. Please come by the office to purchase one during lunch or after school.

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 or call 604-939-6656 ext. 3066

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

Upcoming UBC Engineering Events in 2023 Visit, [Upcoming events to share with your students \(envoke.com\)](#). The following virtual and in-person events with any of your students that might be interested in learning how they can change the world and make a positive impact as future engineers.

The **Berkeley Changemaker** pre-college track offers international and domestic high school students the opportunity to live on campus and enjoy the summer at Berkeley. The goal of the Berkeley Changemaker pre-college experience is to inspire students to think more entrepreneurially and critically to impact positive change, no matter where their aspirations may lead them! In addition to a sound curriculum, students will also have the opportunity to participate in social activities, scavenger hunts and local excursions while building an amazing network of friends and colleagues from around the world. For more details see [UC Berkeley Changemaker Pre-College Flyer](#)

U of A Getaway. U of A are inviting 20 lucky Grade 11 students to get away to the U of A! Their adventure will include transportation reimbursement (up to a maximum based on location), 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. Students can learn more and apply at uab.ca/getaway before **January 31, 2023**.

***NEW* University of Fraser Valley** invite students to join in Graphic and Digital Design (GDD) at UFV to learn more about studying, working, and learning in a fast-growing, innovative industry. Their design programs prepare students for creative careers with a professional foundation in communication design, brand identity, interactive design and dynamic media. They have many ways for students to invest in a dynamic, creative education: a 2-year full-time foundational diploma, a full-time or part-time BFA degree with a major in Graphic and Digital Design, and Minor and Extended Minor options paired with other programs.

Graphic + Digital Design, Info Night and Portfolio Review (in-person)

Tuesday, February 7 6:00 pm to 8:30 pm on UFV's Abbotsford Campus

Register at [UFV GDD Portfolio and Info Night - February Tickets, Tue, Feb 7, 2023 at 6:00 PM | Eventbrite](#)

- Learn about careers in the creative industry and meet alumni
- Hear from graphic design students, faculty, and advisors
- Encourage your students to bring their portfolios to receive constructive feedback

KPU Future Business Leaders: Feb 8th their Future Business Leaders' Conference is a great initiative for any of your students who may be interested in Business programs in the future. Students have a great opportunity to win prizes and network with other local high school students. [Please click here for more information.](#) **Virtual Viewbook: [KPU Viewbook 2023-2024 by kwantlenu - Issuu](#)**

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/summer-immersion-program)

General Learning Opportunities

22+ TRADES TRAINING PROGRAMS, Visit "[TRAIN in Trades" Programs - School District No. 43 \(Coquitlam\) \(sd43.bc.ca\)](https://sd43.bc.ca/train-in-trades)
Contact: Doug MacLean Career & "TRAIN in Trades" Coordinator 604-341-8977 dmaclean@sd43.bc.ca

Green Bricks is very pleased to offer to grade 9-12 students FREE participation in the annual [Green Collar Futures Career Conference](https://greenbricks.ca/green-collar-futures-career-conference) on **Saturday February 11, 2023** held virtually via Zoom this year. Space is VERY LIMITED so students MUST be registered by February 8, 2023 (or earlier as spaces will fill up) to attend this event. Explore your options at this **FREE green collar career conference** for secondary students on **Saturday February 11, 2023 from 9:00 - 2:30** held virtually this year. The workshop will conclude with a wrap-up session and a chance for the participants to win prizes, **including a \$500 scholarship**. You must be registered to attend. [Register early as space is very limited](https://greenbricks.ca/register).

The **University of Calgary club** Schulich Ignite offers free coding workshops to students in grades 10-12. Schulich Ignite's mission is to ignite a passion for coding in youth by presenting it to them in a fun and interactive environment. Here's a short 1-minute video outlining the workshops: <https://youtu.be/L3TqKXAXY>
Students can sign up for the program by filling out the survey with the following link: <https://forms.gle/S6CYjc17ffTr1VPR9>
More details on program dates and times visit www.schulichignite.com.

SFU Upcoming STEM workshops & events

Invent the Future 2023 - Info Session

Invent the Future is Canada's first and only three-week summer enrichment program focused on bringing Artificial Intelligence (AI) expertise, community, and mentorship to trans and cisgender women, non-binary and two-spirit students in Grade 9-12. This year's program will run synchronously from July 10-28, 2023 with some asynchronous activities taking place a week before. Check out last year's program schedule using this [link](#). Join the info session to see if this program is for you! Date: Jan 25, 2023 (Wed) Time: 5-6:30 pm Delivery: Online via Zoom
Student: Trans and cisgender women, non-binary and two-spirit students in Grade 9-12
Sign-up link: <http://websurvey.sfu.ca/survey/434579338>

Invent the Future 2023 - Application Help Session

Join the help session to get tips and feedback on how to submit a strong and comprehensive application to the Invent the Future 2023 program. Date: Jan 27, 2023 (Fri) Time: 5-6:30 pm Delivery: Online via Zoom
Student: Trans and cisgender women, non-binary and two-spirit students in Grade 9-12 Sign-up link: <http://websurvey.sfu.ca/survey/434588544>

STEM Speaker Series - Genetic Engineering

Date: Jan 28, 2023 (Saturday)
Time: 1-2 pm
Delivery: Online via Zoom
Grade: 8-12
Cost: Free
Sign-up link: <http://websurvey.sfu.ca/survey/439998523>

Hour++ of Code - Getting Started with Python

Date: Jan 28, 2023 (Saturday)
Time: 10 am-12 pm
Delivery: Online via Zoom
Grade: 9-12
Cost: Free
Sign-up link: <http://websurvey.sfu.ca/survey/439834206>

Game Design and Dev - Spring 2023

Date: Feb 4, Feb 11, Feb 25, Mar 4, Mar 11, Mar 18, Mar 25, and Apr 1 (all Saturdays)
Time: 10-11:30 am
Delivery: Online via Zoom
Grade: 8-11
Cost: Free
Sign-up link: <http://websurvey.sfu.ca/survey/439714738>

[Children First Canada](https://childrenfirstcanada.ca) is a national charity with the bold and ambitious vision that together we can make Canada the best place in the world for kids to grow up. Registration is open for youth ages **12-18 years old** from all over Canada to join this **FREE** virtual event happening **February 25-26**. Registration is required. This youth-led Advocacy Summit provides **two days** of inspiration and peer-to-peer training for **up to 400 youth across Canada**. Youth will develop advocacy plans and strengthen their skills to make a social impact on issues like climate change, mental health, reconciliation, and much more. The Advocacy Summit culminates in a "Dragon's Den" style pitch for the chance to win resources to support their campaign for social impact. For more details, [Advocacy Summit: February 25-26, 2023 - Children First Canada](https://childrenfirstcanada.ca/advocacy-summit)

Youth Leaders in Law, a youth-led initiative that aims to promote legal awareness and education amongst youth in Vancouver. On Saturday January 28, 2023 at 11:00 AM PST, YLL is hosting a virtual Q+A based webinar featuring two students who attended law-school in the United Kingdom, at Durham Law and Oxford respectively. This is a fantastic opportunity for students to learn about pursuing law post-secondary and how that process may look outside of Canada. Even if students are not interested in attending law school, this session can provide insight for university opportunities in general. Visit, [youthleadersinlaw.com](https://forms.gle/U9x98pDUY5snjHpM9). Register at <https://forms.gle/U9x98pDUY5snjHpM9>

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. The application deadline is January 31, 2023.

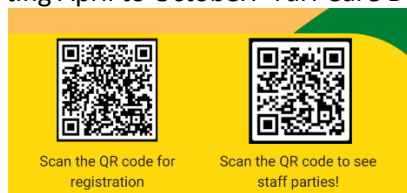
The in-person **Indigenous Experience UBC** Explore their campus, meet current UBC Indigenous students & other Indigenous high school students, meet staff from UBC programs, food & fun included! **When: February 24, 2023, Who:** Indigenous high school students in Grades 9 through 11 (Grade 12s are also welcome to attend) **Where:** UBC Vancouver Campus.

Volunteer/Employment Opportunities

***NEW* Mathnasium of Tri-Cities** is now hiring math instructors and confidence builders! They are looking for passionate individuals who seek flexible working hours. Great opportunity for graduating students. Please see [flyer](#) for more information. Students can send their resume and a cover letter explaining their interest, to tri-cities@mathnasium.ca

***NEW* Royal Canadian Navy** is inviting Gr 10-12 students to attend the Royal Canadian Job Fair, which will take place on **5 February 2023**, at His Majesty's Canadian Ship Discovery, 1200 Stanley Park Drive, Vancouver, BC. Please see attached [poster](#) with QR code for additional information.

Westwood Plateau Golf & Country Hiring Fair on February 25 and 26 (Saturday and Sunday) from 10 AM to 3 PM. Different positions for the following departments below will be open for the golf season this year which will take place starting April to October. Turf Care Department, Kitchen, Golf Operations, Restaurant, Banquets/Events



2023 Vancouver International Children's Festival is interested in onboarding a few **Key Volunteers (KV's)** right away, who can begin working within your school to recruit and screen more volunteers. **KVs** generally work around 20 hrs in advance of the Festival, and then transition into Crew Captain roles onsite during the Festival. Serving as a KV and/or Crew Captain provides very strong leadership and communications experience, plus being creative and fun. Any Volunteer who completes over 24 hrs of service will receive a personal reference letter from the Festival. If you are interested, please contact Ms. Rose at jorose@sd43.bc.ca or call 604 939 6656 ex. 3066

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

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

Scholarship / Awards

***NEW* BCIT PATHWAY TO SUCCESS AWARDS** Description BCIT Pathway to Success Awards are for students planning to enter into a full-time first year technology, technical studies or trade program (excluding Apprenticeship) directly from high school. The intent of these awards is to recognize students who are well-rounded citizens, who have displayed leadership qualities, and have demonstrated that they are willing to work hard to achieve their goals. Commitment and drive are as important as formal academic standing. Value Up to six awards at \$3,000 each. To apply and for more information click [Pathway to Success Awards Form](#)

EDC Indigenous Community Leader Scholarship. The EDC Indigenous Community Leader Scholarship is for an Indigenous student (First Nations status or non-status, Métis, or Inuit) pursuing studies at a Canadian college, university, or cégep. As part of our Youth Education Program, **Export Development Canada** provides up to 20 scholarships a year to international business post-secondary students at Canadian universities and colleges, and 7 scholarships to post-

secondary students representing the next generation of community champions from a diversity of backgrounds. Each scholarship is worth \$5,000. Applications are now open for the 2023/2024 academic year. To apply,

https://studentawards.com/scholarships/edc-indigenous-community-leader-scholarship/?mc_cid=c93247b32f&mc_eid=1e83f875c3

The Coquitlam Teachers' Association Awards and Bursaries are available to SD43 students. The deadline to submit applications (other than the Roy Krutow) to the CTA is June 1. For more information and to apply, please visit [Forms & Scholarships - Coquitlam Teachers Association](#).

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](#)

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 1st to March 31st [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.

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 15th, 2023

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, February 7th at 7pm
- Tuesday, April 4th at 7pm
- Tuesday, May 2nd at 7pm
- Tuesday, June 6th 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

TOPICIS INCLUDE:

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.



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

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

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

TRI-CITY MINOR BALL HOCKEY ASSOCIATION

[Registration Link](#)

Online Registration is Now Open for the 2023 Season.

We also have a contest if you're able to send that out as well.

TCMBHA Contest: \$50 off your Registration Fee, how to participate:

1. Like & Subscribe to our Social Media accounts - YouTube, Facebook, Instagram & Twitter
2. Like our Registration Post & Tag a Friend (extra entries for additional tags)
3. Share our Registration Post, Tag Us & don't forget to use #TCMBHA & #TriCityBallHockey One Entry per Social Media Platform, links are below. Winner will be picked before the season starts!



**Tri-City
Minor Ball Hockey
Association**

Online Registration

Now Open for Returning & New Players
TCMBHA.com

Follow Us

#TCMBHA



#TriCityBallHockey

PORT MOODY ARTS



POMO ARTS
JAN-AUG 2023 PROGRAMS

CREATIVITY LIVES HERE

CREATIVE SKILLS. FOR LIFE.

Art classes like watercolours or drawing with graphite, pencil crayons, ink or mixed media? How about drawing faces? Creating handmade books? Ever wanted to try working with clay?

Our youth classes range from beginner focused introductory classes to more advanced levels for teens who are serious about improving their skills.

Scan Here



to see what we offer!

We are a non-profit based in Port Moody, and a cultural hub for arts and education in our vibrant city.

We are a 10 min walk from Port Moody Secondary School!

pomoarts.ca | 2425 St Johns St | Port Moody