



There are many free programs for children and youth available in our community. Children involved in healthy activities are less likely to use drugs.



Programs for Children & Youth

We know that having fun and meeting new friends is an important part of a child's life. There are many places where your child can go to have a great time. Many of these places are free or have a low cost.

Things You Can Do

Tips for Parents:

- Get to know your child or youth's interests and friends.
- Look for future activities advertised in the newspaper, the Key, posters at the local malls or Community Centres
- Encourage your child or youth to participate in programs or activities at school or advertised on posters
- Explore drop-in programs, parks, rinks, pools and trails close to home
- Take your child to the Public Library, reading is a great activity and it's free
- Explore low cost team sports activities such as soccer, volleyball etc.
- When considering programs or activities for your child, meet with staff/volunteers to learn more about what they are offering
- When meeting with program staff or volunteers, inquire about supervision and how problems are addressed
- Play board games or sports activities such as basketball, soccer etc. with your child

For more information, visit:

City of Thunder Bay
Recreation Program
www.thunderbay.ca

P.R.O. Kids
www.prokids thunderbay.com

Thunder Bay Boys and Girls Club
www.tbayboysandgirlsclub.org

The Key
www.thunderbay.ca/thekey/

Where to Find Help

City of Thunder Bay Neighbourhood Recreation Program

(Playground Director) 625-2350

(Youth Zone - Summer Only) 625-2344

Various programs throughout the year for ages 5-12 and Youth Zone ages 12-17.

NorWest Community Health Centres

622-8235

525 Simpson St.

www.norwestchc.org



Programs for
Children & Youth



www.norwestchc.org • 1-866-357-5454 (toll free)

Where to Find Help

Operation Hope, Youth Drop-In **343-4649**
257 Park Ave.
Friday is Youth Night; Saturday at 7:00 pm during hockey season is Saturday Night Hockey; Every 3rd Friday is Youth Explosion, which offers a talent forum 8:30pm to midnight.

Positive Recreation Opportunities for Kids (PRO Kids), City of Thunder Bay **625-3212**
111 Syndicate Ave. S.
Eligibility: Children & youth to age 18, financially limited and referenced by a social worker, teacher, minister, etc. Variety of community sports, cultural and general interest programs. Application form can be picked up at the Victoriaville Civic Centre or downloaded online. www.prokidsthunderbay.com

Regional Multicultural Youth Centre **622-4666**
511 Victoria St. E.
<http://my.tbaytel.net/manwoyc/>

Thunder Bay Boys & Girls Club **623-0354**
270 Windsor St. (Main Site)
Eligibility: age 4–18 and application form, available online. Offers educational, recreational, social and health counselling. Programs include: Take It Easy, Breakfast Club, Satellite Outreach, and Achieve (tutoring). www.tbayboysandgirlsclub.org

Thunder Bay District Health Unit **625-5900**
999 Balmoral St.
A resource for healthy lifestyle choices. www.tbdhu.com

Thunder Bay Indian Friendship Centre **345-5840**
401 Cumberland St. N.
Eligibility: persons of Native ancestry. Offers various programs and services for Aboriginal youth.

Underground Gym & Youth Centre **622-5666**
634 Simpson St.
Provides a safe and free fitness center for youth aged 7-17 and focuses on fitness and self-esteem. Access to full kitchen which provides healthy meals after school. Open some weeknights.

The Community Information and Referral Centre **211**
17-125 Syndicate Ave. S.
www.lspc.ca/circ

YOW Youth Outreach Services **629-0206, 629-0207,**
*If you are 12-21 and need help, call now. **629-3358, 629-0224,***
621-3259