

March 8th is International Women's Day!

IWD is a global day devoted to recognizing and celebrating women's and girls' social, economic, cultural, and political achievements. It's also a great time to reflect on the historical progress of women's rights, and to learn about what ongoing women's rights efforts still need advocating.

Women are integral to our world and society, and so many of us have amazing women and girls in our lives to be thankful for! A lot of our successes are a result of their support, so remember to appreciate them!

Click this picture for more resources.

EQUALITY
FOR
WOMEN



Match Highlight



Bethany and Simrun, a Community-Based match in Abbotsford, just graduated their match after 10 amazing years together!

This pair began their friendship in our In-School program when Bethany was in grade 3, and transitioned into Community-Based shortly after to grow their connection. Their favourite activity to do together was “just sit and talk in the car.”

Simrun shared that “this experience has deepened my understanding of how much of an impact positive relationships can have on personal growth and development. I learned how powerful small, consistent support can be in someone's life.”



March 17th is Saint Patrick's Day!

The Irish and people of Irish descent have celebrated St. Patrick's day and their Irish roots proudly since first immigrating to Canada in the 17th century.

Today there are over 4.5 million Irish Canadians who identify with their heritage and Irish culture, and a large part of Canada's history includes the early involvement of Irish Canadians and their efforts in this country.

Click this picture for more information on St. Patrick's Day celebrations in Canada!



Spring Break Activity Ideas

Spring break is coming up this month, and we've compiled a list of fun activities to do indoors and outdoors!

Abbotsford

Tourism Abbotsford shared a list of 15 things to try during spring break!



Chilliwack

Check out tourism Chilliwack's list of local fun stuff!



Maple Ridge

The arts centre is holding Spring Break camps!

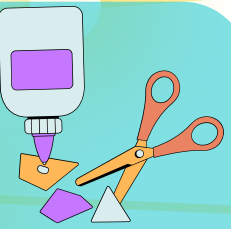


Everyone

Need more ideas? Click the icon for a list of 47 indoor and outdoor spring break activities put together by www.Parents.com!



Crafts Corner



Origami Basketball Toy



St. Patrick's Day Rainbow



Recipes for Spring Break



Paper Bowl Mushrooms



Opportunities on the Horizon

Looking for more ways to make a difference and give back to your community?

Check out the Abbotsford Youth Commission's **Involved** program, which offers volunteer opportunities for youth between 12-18 years old.

AYC also has a **Life Skills** programs with courses that help youth gain important life and career skills such as babysitting, health and food safety, and leadership programs!

Click the links below for more info on how to get started!



Fun for Free!

The Abbotsford Youth Commission has free events and activities for youth going on until March 17th!

Winter 2025 Abbotsford Youth Commission What's Up

FREE DROP-IN YOUTH CENTRES

Youth ages 12-18 are invited to join us at our fully staffed Youth Centres! Please check our website to confirm our hours.

WINTER HOURS: JAN. 6 - MAR. 17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ARC (2499 MCMILLIAN RD)	2:30-4:30	2:30-4:30	2:30-4:30	2:30-4:30	2:30-6:00
MRC (3106 CLEARBROOK RD)	2:30-4:30	2:30-4:30	2:30-4:30	2:30-4:30	2:30-6:00

LOCATION LOCATION LOCATION



ARC Youth Centre: 2499 McMillian Rd.
Our entrance at ARC is facing the large fields and up a few stairs!

MRC Youth Centre: 3106 Clearbrook Rd
Our entrance at MRC is near the skating rink, up the red stairs!

AYC's Office: P208 - 33355 Bevan Ave
We're in the Sweeney Neighbourhood Centre.

FOLLOW US ON SOCIAL MEDIA TO STAY UP TO DATE WITH EVERYTHING #AYC!



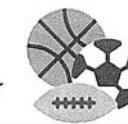
FREE DINNER NIGHT

Ages 12 - 18, @ BOTH Youth Centres Various dates*
Help prepare (and eat) dinner for yourself and the youth centre. Once a month on a Friday we have family style sit-down dinners at the centres where youth get a chance to connect with their peers and enjoy a great meal together.

FREE OPEN GYM

Ages 12-18, @ ARC Youth Centre Tuesdays & Thursdays, 3:15-4:30pm*
Play basketball, badminton, nine square, soccer, volleyball, and more! Entrance through the youth centre.

*Please check the calendar on our website to confirm our hours.



YOUTH NIGHT

(AGES 12-16)
Youth Night is an 8-week co-ed program that encourages youth to live active, healthy lifestyles. Each week youth try a different activity which may include bowling, mini-golf, martial arts, and more!

TUESDAY YOUTH NIGHT - \$50
Tuesdays, 7-8:30pm | Jan. 21 - March 11
THURSDAY YOUTH NIGHT - \$50
Thursdays, 7-8:30pm | Jan. 23 - March 13

REGISTER FOR YOUTH NIGHT:



Click the newsletter!



Abbotsford Youth Commission
778-880-8559 | info@abbyyouth.com
www.abbyyouth.com



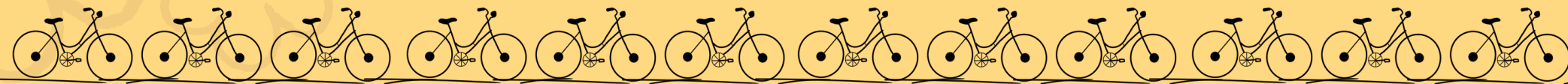
*Visit their website to confirm hours and registration requirements.



MEGABike



LET'S PEDAL FOR POTENTIAL!



Ride the big teal MEGABike with your peers and ignite your potential alongside children and youth in communities across Canada!

At Big Brothers Big Sisters of Canada, we see the potential in each child.

Proceeds from each MEGABike event directly support youth mentorship in that community. Each event offers its own unique experience.

Click the MEGABike banner above to learn more and register.

