

THE NECESSITY NOOK

YEAR-ROUND

For Youth Ages 11–24

- Free Food & Hygiene Supplies – No ID Needed
- Pick up non-perishable food items and hygiene products once a week from the Youth Room.

Available during:

- Drop-in hours
- Special events
- Available outside of Club hours upon request - Text us!



OUTREACH SERVICES

YEAR-ROUND

For Youth Ages 11–24

- Free & confidential support

We offer barrier-free services for youth navigating:

- Housing insecurity
- Low income
- Substance use
- Food insecurity

What's available:

- Harm reduction supplies
- Food and water
- Quiet sleeping space
- Bathroom access
- A safe, welcoming drop-in environment

Need support outside of Club hours?

- Text us - we're here to help!



Kamloops

YOUTH PROGRAMS



@bgckamloopsyouth



General Inquiries: 250 - 851 - 6179
Outreach Number: 778 - 220 - 7902



BGC Kamloops
150 Wood St
John Tod Centre



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DROP IN

SEPTEMBER - JUNE

After School Drop-In (September - June)

For Ages 11-24

Monday – Friday

- 12 PM – 3 PM: Ages 11-24
- 3 PM – 6 PM: Ages 11-19

Summer Drop-In (June - August) **Monday – Friday**

- 11AM – 4PM

What's included:

- Free well balanced meals daily
- Access to 8 ball pool, ping pong, gym, TV, video games, kitchen, snacks, and art supplies
- Focused programs on select days (cooking, artwork, mindfulness, physical activity)

Afterschool Pickup Locations:

- Brocklehurst Secondary
- Twin Rivers Education Centre
- NorKam Secondary (Mackenzie Ave & Island Pkwy)

Look for the white bus!

Note: No registration form needed to attend, but REQUIRED for bus pickup, field trips, and outings

FOCUSED PROGRAMS

YEAR-ROUND

Career & Leadership

- Build leadership, job, and volunteer skills
- Career development opportunities, assistance with resume building, and job applications
- Engage in meaningful community involvement

Study Space

- A quiet space to focus, complete homework, and get organized
- Laptops available for use
- Encouragement with homework when possible

Life Skills & Social Development

- Learn everyday life skills
- Cooking, baking, and creative activities
- Team-building and social connection

Health & Wellness

- Programs that support mental health and overall well-being

Ready to join?

Visit the Club, contact us, or check our website for a registration form!

www.bgckamloops.com/youth



HARM REDUCTION

YEAR-ROUND

Supportive. Safe. Judgment-Free.

- On-site street nurses for health support, such as access to birth control, STI testing, and more
- Free safe sex supplies including condoms and lubricants, and sexual health resources
- Naloxone kits and overdose response training
- Confidential, youth-friendly support and education