HOMEBASE Programs

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 **4-5** Trust Icebreakers & Trust Challenges **5-6** Bake & Vent- Handling Big Emotions	**3** **3:30-5** Creative Hangout-Fruit Bracelets **3:30-5** Youth Matrix* **3:45-5** MINDWISE Circle: (12-17yrs) Sweet or Sour: The Candy Check	**4** **1-2** Peer Vibes (18-25 yrs) Money and Adulting **4-5:30** Not A Number 16-20 yrs* **4-5** Back-to-Back Challenge	**5** **4-5:30** Y Mind (13-17yrs)* **4-5** YMCA Boys Empowerment* **4-8** Drop In **5PM** Podcast	**6** **11-6** Healthy Relationships Support **1-4** Switch games **4-6** Cook & Connect- Taco Rice Bowls*	**7** **12-4** Drop In **2-3** GSA- Kindness Rocks
9 **4-5** Minefield **5-6** Bake & Vent- Coping w/ change	**10** **3:30-5** Creative Hangout-Tea Bag Bookmarks **3:30-5** Youth Matrix* **3:45-5** MINDWISE Circle: (12-17yrs) Mind Escape Room	**11** **CLOSED**	**12** **4-5:30** Y Mind (13-17yrs)* **4-5** YMCA Boys Empowerment* **5PM** Podcast **5-7** Bear Den Athletics	**13** **11-6** Healthy Relationships Support **4-6** Drop In **4-6** Cook & Connect- Creamy Mac and Cheese*	**14** **12-4** Drop In **2-3** GSA-Pride Name Keychains
16 **4-5** Trust in the Kitchen: Mini Pizza Making **5-6** Bake & Vent- Communication skills	**17** **3:30-5** Creative Hangout-CD Painting **3:30-5** Youth Matrix* **3:45-5** MINDWISE Circle: (12-17yrs) Chocolate Currency Budget	**18** **1-2** Peer Vibes (18-25 yrs) Getting your ID **4-5:30** Not A Number 16-20 yrs* **4-5** Human Pinball & Blind Drawing Challenge	**19** **4-5:30** Y Mind (13-17yrs)* **4-8** Drop In **4-5** YMCA Boys Empowerment* **5PM** Podcast	**20** **11-6** Healthy Relationships Support **4-6** Drop In **4-6** Cook & Connect- Chicken Fajitas*	**21** **12-4** Drop In **2-3** GSA- DIY Pant Charms
23 **4-5** Trust or Bust: Game Show **5-6** Bake & Vent- Feelings check in	**24** **3:30-5** Creative Hangout-Ceiling tile painting **3:30-5** Youth Matrix* **3:45-5** MINDWISE Circle: (12-17yrs) The Chain Reaction	**25** **1-2** Peer Vibes (18-25 yrs) 1-2 Peer Vibes (18-25 yrs) How to apply for SIN number **4-5** Pancake Art Challenge	**26** **4-5:30** Y Mind (13-17yrs)* **4-5** YMCA Boys Empowerment* **5PM** Podcast **5-7** Bear Den Athletics **6-8** Monthly Mixer- Mocktails & appetizers (18-25 yrs)	**27** **11-6** Healthy Relationships Support **1-4** PS 5 Games **4-6** Cook & Connect- Spaghetti Bolognese*	**28** **12-4** Drop In **2-3** GSA- Button Keychains
30 **4-5** Mini Escape Room **5-6** Bake & Vent- Confidence & Self-Love					

Mental Health
Peer Support
Physical Health
Social & Community
Cultural & Traditional
Education, Employment & Training
Healthy Relationships

Core Services Schedule

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 11- 7 Peer Support 12- 7 Mental Strength & Wellbeing Support 1-4:30 Autism Services *SHA Primary Care* 2-4 Newcomer Support *Moose Jaw Multicultural Council*	**3** 10-4:30 Drop in Counselling services *SHA Mental Health & Addictions* 10- 7 Peer Support 12- 7 Mental Strength & Wellbeing Support 3-7 Teen Wellness Clinic *Medavie*	**4** 11- 7 Peer Support 12- 7 Mental Strength & Wellbeing Support 1-7 Future Shift- Employment Support	**5** 10-9 Peer Support 2- 9 Mental Strength & Wellbeing Support 1-9 Future Shift- Employment Support	**6** 11-7 Peer Support 12-7 Mental Strength & Wellbeing Support 1-7 Future Shift- Employment Support	**7** 12-4 Peer Support 12-4 Mental Strength & Wellbeing Support 12-4 Future Shift- Employment Support
9 11- 7 Peer Support 12- 7 Mental Strength & Wellbeing Support 1-4:30 Autism Services *SHA Primary Care* 2-4 Newcomer Support *Moose Jaw Multicultural Council*	**10** 10-4:30 Drop in Counselling services *SHA Mental Health & Addictions* 10- 7 Peer Support 12- 7 Mental Strength & Wellbeing Support 2-6 Doctor appointments *The Nest Health Centre*	**11** CLOSED	**12** 10-9 Peer Support 12-9 Mental Strength & Wellbeing Support 1-9 Future Shift- Employment Support	**13** 11-7 Peer Support 12-7 Mental Strength & Wellbeing Support 1-7 Future Shift- Employment Support	**14** 12-4 Peer Support 12-4 Mental Strength & Wellbeing Support 12-4 Future Shift- Employment Support
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Mental Health
Peer Support
Physical Health
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Cultural & Traditional
Education, Employment & Training
Healthy Relationships

Description of Core Services

November

- **Mental Strength & Wellbeing Support**: youth have access to mental health support provided by the HOMEBASE Mental Health Lead. Drop in or appointments available. We offer a range of services such as expressive art therapies, somatic experiencing, sand tray therapy, and a variety of emotional support groups.
- **Primary Care Doctor appointments- The Nest Health Center**: General primary care provided by a Physican including sexual health, mental health and addictions services. Phone 306-694-5554 (ext 4) to book an appointment
- **Primary Care- Teen Wellness Clinic** Community Paramedics will be on site to support you with STI testing, sexual health questions, health check-ins, medication questions, mental wellness support, and referrals to other health services. A safe, confidential space to ask questions, get support, and take care of yourself
- **Peer Support**: drop in and hang out with our peer support staff! Talk about life, and services available within the hub or out in the community
- **Learning Lab:** Internet access is available for educational, employment, or training support services. Youth can access these independently or with support from our peer support staff
- **Future Shift:** Our HOMEBASE education & employment program offers education support and a three-step employment program designed to meet youth where they are and guide them toward meaningful and lasting success. Drop in or book an appointment with our employment support staff online at homebasesask.ca
- **SHA Mental Health and Addictions:** drop in counselling services address the unique mental health needs of youth, including substance use and abuse, anxiety, depression, stress management, emotional regulation, self-esteem concerns and interpersonal conflict
- **MJMCC Newcomer Support**: newcomer youth can drop in and receive support from a MJMCC Swis Worker
- **Autism Services:** providing support to youth between the ages of 12-19 with autism. Drop in support services focus on providing a flexible, accessible and non judgemental environment where they can recieve help based on their individual needs.

HOMEBASE Contact:
(306)694-5554 or HOMEBASE@regina.ymca.ca
www.homebasesask.ca

HOMEBASE Location & Hours:
52 High Street W
Monday, Wednesday, Friday **11 AM - 7 PM**
Tuesday **10 AM - 7 PM**
Thursday **10 AM - 9 PM**
Saturday **12 PM- 4 PM**

Shine On

Description of Mental Health & Addictions Programs

November

HOMEBASE Contact:
(306)694-5554 or
HOMEBASE@regina.ymca.ca
www.homebasesask.ca

Mental Strength Programming:

- **MINDWISE:** Learn about everyday stress and substance safety through fun challenges, and win some yummy treats every session.
- **Week 1-Sweet or Sour: The Candy Check -** Can you spot the trap? Put your instincts to the test, debate the gray areas around vaping and substance myths, and learn to read the "Red Flags" your body sends when stress and anxiety spike. Survive the sour challenge!
- **Week 2- Mind Escape Room -** The clock is ticking and your brain is hitting system overload. Work as a team to crack the lock codes, bust addiction misconceptions, and discover the exact mental health grounding tools needed to calm your nervous system before time hits zero.
- **Week 3-Chocolate Currency Budget-** We are handing you some coins daily life budget representing your time and mental sanity. Will you choose the quick chemical shortcuts that cause a mood crash, or invest in a healthy routine to build resilience against dependency? Outsmart the crash and keep what you win!
- **Week 4- The Chain Reaction -** Build it up. Watch it crash. Compete to build massive wooden block tracks to visualize how daily anxiety stacks up. Learn how to use some tools as mental health boundaries to completely shatter life's chain reactions before an overwhelming spiral takes over.
- **Matrix Group:** The Matrix group is an evidence-based outpatient treatment approach to support people struggling with substance use. For more information, or to sign up please call 1-306-691-6464
- **Y Mind:** Y Mind: This is a free 7 week mental wellness program that helps youth ages 13-17 find the mental health support they are looking for. To register email rishu@mjymca.ca.
- **Mental Strength & Wellbeing Support**: youth have access to mental health support provided by the HOMEBASE Mental Health team. Drop in or appointments available. We offer a range of services such as expressive art therapies, somatic experiencing, sand tray therapy, and a variety of emotional support groups, as well as 1-1 counselling. Virtual and phone sessions available. They can be reached directly at 306-694-5274 or fancy.law@mjymca.ca

FREE Access to a Golf Simulator and Creative Art & Literary space

Medavie Community Paramedics will be available as needed.

Shine On

Description of Monthly Programs

Shine On **November**

- **Podcast:** Join us as we create our Healthy Relationships Podcast! You'll choose the topics, help name the podcast, pick roles, plan what to say, and get involved in recording and editing episodes to share by the end of the month. Have questions? Chat with our Healthy Relationships Facilitator
- **Healthy Relationships activities:** Join us this November as we explore *trust* through games, cooking, creative activities, and team challenges! We'll learn about communication, honesty, and building trust, ending the month with a special escape room! Drop in Mondays and Wednesdays at 4 PM, join our podcast Thursdays at 5 PM, or stop by for 1-on-1 support Fridays from 11 AM–6 PM. Snacks are provided!
- **Drop In**: Youth can drop in and hang out! Youth will have access to the rec room, art room, golf simulator and coffee bar either at their leisure or participate in activities led by our Peer Support staff
- **The Creative Hangout:** Drop in, get creative and just hang out. The Creative Hangout is a chill space where youth can relax, make art, try different crafts and connect with others. Our peer support staff will be around if you want to chat, but you're also welcome to simply create, unwind and enjoy the space. All supplies provided. Activities include fruit bracelets, teabag bookmarks, CD painting and button bracelets!
- **Cook and Connect:** Cook and Connect is back! Sign up to join us for a hands on cooking session where youth come together to whip up tasty, simple meals, and learn kitchen basics alongside their peers! Spots are limited! To register visit homebase.ca (program registration)
- **YMCA Boys Empowerment**: Creating conversation and activities for personal growth around leadership, positive masculinity and self esteem. 8 week session for male identifying youth in grades 6-9. For more information or to register for the winter session visit regina.ymca.ca
- **HOMEBASE Monthly Mixer:** Drop in for the new HOMEBASE monthly mixer for youth ages 18-25. Each month we are serving up tasty appetizers, refreshing mocktails and good vibes all around.
- **Peer Vibes:** Open to youth ages 18-25. Drop in and connect with our peer support staff. This month is all about life skills! Join us for a month of activities that will help boost your adulting skills... and of course, snacks!
- **Gender & Sexuality Alliance:** Be yourself, explore freely, and know you belong. This non-judgmental space lets you share stories, celebrate identifies, ask questions, and grow together with friends who truly get it. Allies welcome! Activities this month include creating pride bracelets, making bookmarks, pride keychains, and kind words coloring! Saturdays from 2-3pm!
- **Bake & Vent:** Mix, bake, and let it out! Join us for a fun, relaxed time of baking, sharing laughs, and talking about feelings. Whether you want to vent, share what's on your mind, or simply enjoy baking with others, this is a safe space to connect, express yourself, and enjoy some tasty treats!
- **Activities with Bear Den Athletics:** We're excited to welcome Bear Den Athletics as a new partner at HOMEBASE! This month, come meet the team, get to know each other, and take part in fun introduction and icebreaker activities, smudging and talking circles and snacks. Stay tuned for ribbon skirt and shirt workshops and more!