

## | AFTER SCHOOL DROP-IN - Ages 11-18

**About:** A core program at Youth One, the after school drop in exists to give youth a safe, fun, empowering and mentoring environment during after school hours. Program features optional/organized activities, computer lab, art room, mini ramp (Skateboarding), climbing wall, table games, concession, daily meal/snack and more.

**When:** High School Drop-in runs Monday and Wednesday 3:00 - 6:00 and Middle School Drop-in runs Tuesday and Thursdays 3:00 - 6:00.

**Where:** Youth One youth centre, located at **1303 13 St North**, Lethbridge. (West Doors)

**How do I sign up?** Registration is easy! Simply show up during one of our scheduled drop-in times, let us know it is your first time and we will take care of the rest. We'll grab your basic information (Emergency contact info etc) give you a tour of the space, then send you home with a welcome gift, parent/guardian letter and waiver that needs to be signed before your next visit.

## | THE HUB - HIGH SCHOOL

**About:** Starting January 1, 2023 we are open all day for High Schoolers ages 14-18! Come relax, play, work on your schoolwork, access our brand new computer lab, take advantage of our free coffee/tea and more!

**When:** Monday and Wednesday from 10:30 - 5:30 , Tuesday + Thursday 10:30 - 2:30

**Where:** 1303 13 St North

**Who is this for?** High School students on a spare, homeschoolers. (Ages 14-18)

**Extra Stuff:** On the first visit anyone wishing to access during school hours must provide info about their spare schedule, homeschooling info etc.

**Contact Info:** Email - [info@youthone.ca](mailto:info@youthone.ca), Text 587-741-3085, Phone- 403-380-4426,

## | DAILY LUNCH PROGRAM - Ages 14-18

**About:** Provides a free daily lunch for high school students. In partnership with local businesses and food banks, youth receive scheduled hot meals, or grab and go lunches to take back to school.

**When:** Monday - Thursday, 11:30-12:30 (During school days)

**What:** View Calendar below! We serve various meals on different days (Pizza, soup, grab and go lunches etc)

**Where:** Youth One youth centre, located at **1303 13 St North**, Lethbridge.  
(West Doors)

**How do I sign up?** Virtually the same as after school drop in! let us know its your first time and we will setup a basic profile for you and send you home with a waiver. When you come back next time we will complete your profile.

*\*This is a school food/youth soup kitchen program.*