



Boys & Girls Clubs  
of Central Vancouver Island

## Boys and Girls Clubs of Central Vancouver Island (BGCCVI) Virtual Youth Program Information

Through generous donor funding and the Boys and Girls Clubs of Canada, BGCCVI is pleased to offer a range of virtual programs to support children, youth, parents and caregivers in communities across Vancouver Island. Should you be interested, or know of someone who may be interested, in one or more of the following programs please visit our website at [www.bgccvi.com](http://www.bgccvi.com) or email [virtualprograms@bgccvi.com](mailto:virtualprograms@bgccvi.com) for more information. You will find an online form on our website if you wish to register for a program. Once that request has been obtained, a staff member will be in touch to complete intake forms and distribute program documents. During registration if access to technology is a barrier for online participation please let a staff member know who may be able to provide assistance.



BGCCVI is excited to offer our successful Gen Q program online. This program will provide online support for LGBTQ2 youth (ages 12-18) across Vancouver Island. Our mission is to create a safe, supportive, and inclusive space that allows youth to connect, and openly express their concerns regarding issues impacting their lives and the LGBTQQIP2SAA community.

Online Gen Q will run on **Wednesday evenings (6:30-8:30pm) starting January 6<sup>th</sup>, 2021**. To learn more and register for fun activities and peer support please visit our website [www.bgccvi.com](http://www.bgccvi.com) and click on 'Virtual Programs'. Please note there is no cost to participate in this program.



### Purple Girlzillas

BGCCVI is happy to provide, online our successful Purple Girlzillas program delivering virtual programming for girls aged 8-12 (Grades 4-7) across Vancouver Island. This program encourages rich and supportive friendships between young girls with opportunities to develop self-esteem, self-efficacy, and self-worth.

The virtual Purple Girlzilla program will run on **Friday evenings (6:30-8:30pm) starting January 8<sup>th</sup>, 2021**. To learn more and register for this program please visit our website [www.bgccvi.com](http://www.bgccvi.com) and click on 'Virtual Programs'. Please note there is no cost to participate in this program.



Boys and Girls Clubs of Canada's national program Flex Your Head is being offered online by BGCCVI to support youth (ages 13-18) across Vancouver Island. Flex You Head is a universal mental health promotion program for youth created by Boys and Girls Clubs of Canada. The program was developed to help youth think about, talk about and understand issues of mental health and wellness within a safe, fun and welcoming environment. In an active, peer-based online format, youth are given the knowledge, skills and strategies to cope with stress and distress and promote mental health and wellness for themselves and those around them.

This is a 12 week virtual program that will run on **Tuesday evenings (6:30-8:30pm) starting January 12, 2021**. To learn more and register for this program please visit our website [www.bgccvi.com](http://www.bgccvi.com) and click on 'Virtual Programs'. Please note there is no cost to participate in this program.



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## **Boys and Girls Clubs of Central Vancouver Island (BGCCVI) Virtual Parent & Caregiver Program Information**

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### **Parents Together**

Parents Together is an ongoing professionally-facilitated education and group support program for parents who are experiencing challenges while parenting a teen. Parents come to the group with a wide range of concerns, often feeling guilty, isolated, and not sure what to do. In a non-judgmental setting, this program helps parents address those feelings and develop new skills and knowledge that can help decrease conflict in the home. This is a co facilitated program in partnership with Boys and Girls Clubs of Greater Victoria available to parents and caregivers across Vancouver Island.

This virtual Parents Together program will run **Tuesday afternoons (12:00-1:30pm) starting January 12<sup>th</sup>, 2021**. To learn more and register for this program please contact Lisa Hoffman @ 250-217-4929 or email [parentingprograms@bgcvic.org](mailto:parentingprograms@bgcvic.org)

Please note there is no cost to participate in this program.

### **Parenting Without Power Struggles**

Parenting Without Power Struggles is a professionally facilitated education and group support program for parents of preteens. Over 10-weeks, the program encourages parents to build on their family strengths, gain confidence in parenting an emerging teen, and discover practical ideas on how to prepare for the transition from preteen to teen. Most importantly, Parenting Without Power Struggles can help parents connect with others who are experiencing similar issues and help them feel less isolated during this new stage of development. This is all provided in a confidential, non-judgmental group setting. This is a co facilitated program in partnership with Boys and Girls Clubs of Greater Victoria available to parents and caregivers across Vancouver Island.

This virtual Parenting without Power Struggles program will run **Thursday evenings (6:30-8:00pm) starting January 14<sup>th</sup>, 2021**. To learn more and register for this program please contact Lisa Hoffman @ 250-217-4929 or email [parentingprograms@bgcvic.org](mailto:parentingprograms@bgcvic.org)

Please note there is no cost to participate in this program.