

HUDDLE NORWEST

NEWSLETTER | MARCH 2023

YOUTH HUB UPDATE

For anyone aged 12-29 from across Winnipeg! The Huddle NorWest offers counselling, recreation, workshops, employment support, primary healthcare and so much more, all for free!

Huddle Norwest is excited to partner with Winnipeg School Division and welcome our new service navigation specialist, Zacharie! The specialist will be a direct link between schools in the Winnipeg School Division and the supports available at the Huddle youth hubs, helping school staff, students, and families access services in six core areas: mental health, substance use/addictions, primary medical care (including sexual and reproductive health), peer support, Indigenous programming, and social services such as employment, housing, and other supports. Instead of a list of phone numbers about where to go, the service navigation specialist will give you individualized referral and resource support. If you want more information or to be connected, you can contact zpagan@norwestcoop.ca



"At the Huddle NorWest, the staff will help you with anything, such as resumes, schooling. And there are activities that will help in your everyday life. There are nice people I that met and made few friends there too."

- Youth M

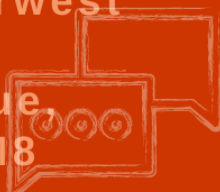
KEEP IN TOUCH WITH US!

PHONE: (204) 221-9800

EMAIL:
youthhub@norwestcoop.ca

INSTAGRAM, FACEBOOK &
TWITTER: @huddlenorwest

945 Notre Dame Avenue
Winnipeg, MB, R3E 0M8



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WE MOVED!

Come check us out- 945 Notre Dame Avenue, Winnipeg, MB, R3E 0M8



CURRENT AND UPCOMING PROGRAMS AT THE HUDDLE NORWEST

ALL PROGRAMS AND SERVICES ARE FREE!



March 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
			-Huddle Lounge: 1-6pm -Game night for Gilbert Park Residents: 4:30-6pm -Tax Clinic: 9am - 12pm -Drop-In Counselling: 12-4pm	-Huddle Lounge: 1-6pm -Teen Clinic: 1-5pm -Drop-In Counselling: 12-4pm -Get Your Art On: 4:30-6pm	-Huddle Lounge: 1-6pm -Teen Clinic: 1-5pm	-Huddle Lounge: Closed -Drop-In Counselling: 11am-3pm (Phone Only)
-Huddle Closed	-Huddle Lounge Closed	-Huddle Lounge: 1-6pm	-Huddle Lounge: 1-6pm -Drop-In Counselling: 12-4pm -AFM Counsellor: 1-4:30pm -Video games tournament: 4:30-6pm -Inspire Community Outreach: 3-6pm	-Huddle Lounge: 1-6pm -Teen Clinic: 1-5pm -Drop-In Counselling: 12-4pm -Get Your Art On: 4:30-6pm	-Huddle Lounge: 1-6pm -Teen Clinic: 1-5pm	-Drop-In Counselling: 11am-3pm
-Huddle Closed	13	-Huddle Lounge: 1-6pm -Drop-in Youth Employment Services 1-4:30pm -Snowshoeing: 4:30-6pm	-Huddle Lounge: 1-6pm -Drop-In Counselling: 12-4pm -AFM Counsellor: 1-4:30pm -Video games tournament: 4:30-6pm -Tax Clinic: 9am - 12pm	-Huddle Lounge: 1-6pm -Teen Clinic: 1-5pm -Drop-In Counselling: 12-4pm -Get Your Art On: 4:30-6pm	-Huddle Lounge: 1-6pm -Teen Clinic: 1-5pm -Youth Advisory Meeting: 4:30-6pm	-Huddle Lounge: 12:30-3:30pm -Drop-In Counselling: 11am-3pm -Zumba Class: 12:30-3:30pm
-Huddle Closed	20	21	-Huddle Lounge: 1-6pm -Drop-In Counselling: 12-4pm -AFM Counsellor: 1-4:30pm -Video games tournament: 4:30-6pm -Inspire Community Outreach: 3-6pm	-Huddle Lounge: 1-6pm -Teen Clinic: 1-5pm -Drop-In Counselling: 12-4pm -Get Your Art On: 4:30-6pm	-Huddle Lounge: 1-6pm -Teen Clinic: 1-5pm	-Huddle Lounge: 12:30-3:30pm -Drop-In Counselling: 11am-3pm -Making Tortilla Pizza: 12:30-3:30pm
-Huddle Closed	27	-Huddle Lounge: 1-6pm -Drop-in Youth Employment Services 1-4:30pm -Spring Break Activity 1: 4:30-6pm	-Huddle Lounge: 1-6pm -Drop-In Counselling: 12-4pm -Tax Clinic: 9am - 12pm -Spring Break Activity 2: 4:30-6pm	-Huddle Lounge: 1-6pm -Teen Clinic: 1-5pm -Drop-In Counselling: 12-4pm -Get Your Art On: 4:30-6pm	-Huddle Lounge: 1-6pm -Teen Clinic: 1-5pm -Spring Break Activity 3: 4:30-6pm	

945 Notre Dame Avenue, Winnipeg, MB, R3E 0M8 | HOURS: M-F: 11 a.m. to 6:30 p.m. Sat: 9:30 a.m. - 5 p.m.
 P: 204-221-9800 | E: youthhub@norwestcoop.ca | F: /huddlenorwest | IG: @huddlenorwest | TW: @huddlenorwest

CURRENT AND UPCOMING PROGRAMS AT THE HUDDLE NORWEST

ALL PROGRAMS AND SERVICES ARE FREE!

STOP BY AT THE HUDDLE LOUNGE

A COMFORTABLE PLACE TO...



MEET NEW PEOPLE



PLAY GAMES



RELAX



HAVE SOME SNACKS



READ A BOOK

CHECK OUT OUR CALENDAR FOR WHEN HUDDLE LOUNGE IS OPEN

WHEN IS HUDDLE LOUNGE OPEN?

- Tuesday: 1 - 6pm
- Wednesday: 1 - 6pm
- Thursday: 1 - 6pm
- Friday: 1 - 6pm
- Saturday: 12:30 - 3:30pm



DROP-IN EMPLOYMENT SUPPORT

- ✓ Employment supports (working on resumes, cover letters, job searching, interview prep, etc.)
- ✓ Career exploration (work experience programs, myBlueprint)
- ✓ Referrals to other community agencies as needed (for example, direct connections to Futures Forward staff)
- ✓ General service navigation and information on community resources

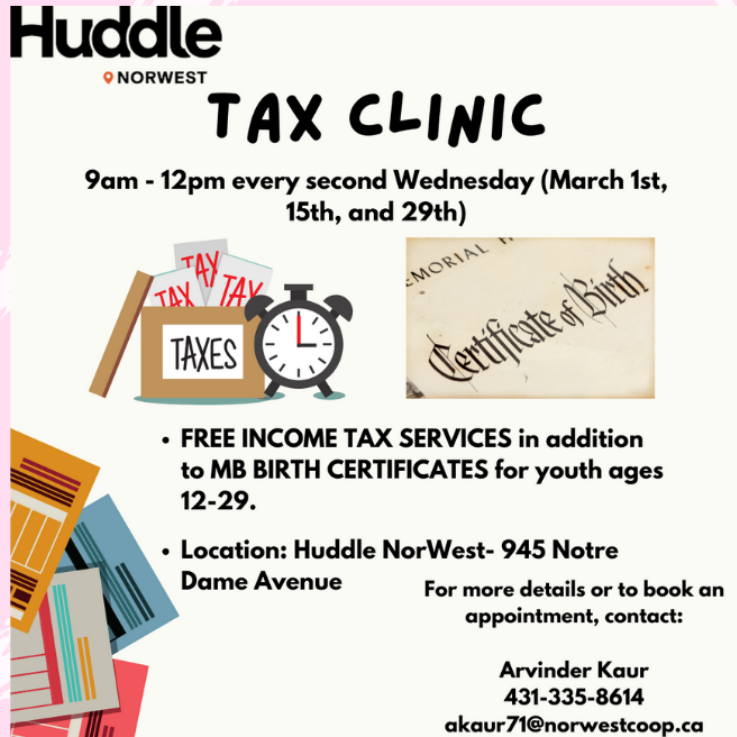


Every Second Tuesday, March 14th and 28th

Time: 1pm -4:30pm

Location: 945 Notre Dame Avenue

CURRENT AND UPCOMING PROGRAMS AT THE HUDDLE NORWEST



Huddle
NORWEST

TAX CLINIC

9am - 12pm every second Wednesday (March 1st, 15th, and 29th)

- **FREE INCOME TAX SERVICES** in addition to **MB BIRTH CERTIFICATES** for youth ages 12-29.
- **Location: Huddle NorWest- 945 Notre Dame Avenue**

For more details or to book an appointment, contact:

Arvinder Kaur
431-335-8614
akaur71@norwestcoop.ca



ARTS AND CRAFTS

FROM 3-6PM

LOCATION: 945 NOTRE DAME AVE



GAME TOURNAMENT

Every Wednesday
Time: 4:30-6pm
Location: Huddle NorWest (945 Notre Dame)

CURRENT AND UPCOMING PROGRAMS AT THE HUDDLE NORWEST

 **Nor West Co-op**
COMMUNITY HEALTH

 **Huddle**
NORWEST

ART-BASED MENTAL WELLNESS
SESSIONS FOR YOUTH AGES 12-17

Get Your Art On

@

Huddle NorWest

JOIN US IN-PERSON EVERY
THURSDAY AT 945 NOTRE DAME
AVENUE

REGISTER
HERE 



Sessions: **Every Thursday** from 4:30-6:00 pm

SUPPLY KITS ARE PROVIDED. PLEASE
CONTACT OLOLADE AT
OOLAREWAJU2@NORWESTCOOP.CA IF YOU
NEED SUPPLIES.

YMIND

Y Mind supports young people to cope with mild to moderate stress, anxiety, and low mood. Our program results show that Y Mind participants experience reduced symptoms, increased overall well-being, and an increased ability to cope with difficult emotions

Please contact us for more information or to register for an info session. Available for youth ages 13-18.






No cost to participate!

Free YMCA membership and wellness retreat

Ages 13-18

Learn to Cope with Stress

Y Mind

Snacks and bus tickets available!

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Y-Mind is a FREE 7-week group program based on Acceptance and Commitment Therapy and Mindfulness, for age 13-18.

- Facilitated by trained mental health professionals
- Proven outcomes for participants include reduced anxiety, increased wellbeing, increased mindfulness skills
- Location: Huddle NorWest (945 Notre Dame Avenue) | Info sessions: March 2nd and 9th at 4:30pm
- Program times: Thursdays 4:45-6:15pm | March 30th - May 11th, 2023

This free program is run by caring, trained staff, in a safe supportive environment.

To register for the an info session or ask questions

Email: youthhub204@gmail.com

Call: 204-221-9800

Scan QR code to register for info session



DROP-IN COUNSELLING



Here for youth.

DROP-IN COUNSELLING **AT HUDDLE NORWEST**

Drop-in counselling appointments for youth aged 12-29 are now available for clients at Huddle NorWest!

Regular hours for drop-in counselling will typically be:

- **Wednesdays – 12pm-4pm**
- **Thursdays – 12pm-4pm**
- **Saturdays – 11am-3pm**

Last call for appointments: Wednesday/Thursdays at 3:30pm and Saturdays at 2:30pm

Drop-in counselling is intended to provide mental health support for youth through same-day counselling appointments. Please come in or contact Huddle NorWest for a drop-in session.

- Drop-in will be on a first-come, first serve basis. If your call is not answered, please leave a voicemail with your name and phone number and we will get back to you as soon as possible.
- During sessions you can discuss any struggles you may be facing, explore coping strategies, become familiar with other resources, etc.!

In-person sessions:

- Drop by Huddle NorWest during our drop-in counselling hours.
- We are located at 945 Notre Dame Ave. in Winnipeg, MB.
- At this time, medical masks are required at all times while in Huddle NorWest.

Phone sessions:

- Call (204) 391-3423 during drop-in times.

Contact us at:

Drop-in counselling phone line: (204) 391-3423

Huddle NorWest: (204) 221-9800 or youthhub@norwestcoop.ca



FEATURE: THE THREE C'S

CONFIDENTIALITY, COMMUNICATION, AND COPING

Confidentiality: the state of keeping something private or secret.

Expressing your thoughts and feelings can be challenging and often scary. Which is why some of us choose not to! However, suppressing your thoughts and feelings can also be detrimental to your mental health. That's why it's important to talk to someone you trust. For instance, a close friend, a parent, a teacher, or a mental health counsellor can all be great people to confide in.



Photo from canva.com

Communication: the exchange of thoughts, opinions, or information by speech, writing, or signs.

These are all good ways of communicating, but another way we communicate is through our body. For example, raising your eyebrows instead of saying "yes", raising your hand when you want to ask a question, or crossing your arms when you're mad. All of these examples are ways in which we communicate through our body, or, in other words, body language.

Coping: the act of dealing with and solving problems, difficulties, and responsibilities.

The way people cope with problems or difficult situations varies from person to person. Some people talk to a friend or counsellor, some go for a walk, some isolate themselves, and so on. How we choose to cope with problems can be seen as healthy or unhealthy. Healthy coping skills help us manage our emotions and thoughts in a way that doesn't cause physical or mental harm. For instance, talking to a mental health counsellor, watching a funny movie/TV show, or painting. Unhealthy coping skills help us manage our emotions and thoughts, but in a way that causes physical or mental harm. A few examples include, using drugs, drinking alcohol, or isolating oneself.

Source:
<https://www.dictionary.com>

SIGN-UP FOR OUR NEWSLETTER

Follow us on social media
phone: (204) 221-9800

EMAIL: youthhub@norwestcoop.ca

INSTAGRAM, FACEBOOK & TWITTER: [@huddlenorwest](https://www.instagram.com/huddlenorwest)

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newsletter

Stay up to date with us

