

# About the West Elgin Community Health Centre

The Centre has served our rural communities for 30 years. We believe that housing, education, food and the environment all play a role in health and well-being. We believe that language, literacy and poverty should not get in the way of receiving great care. At our Centre we continue to value and advocate for a more inclusive society.

## VISION:

Vibrant and Caring Communities, People and Workplace

## MISSION:

Partnering with our communities to achieve the best health and wellbeing for all

## VALUES:

Compassion, Excellence, Collaboration, Accountability, Respect and Equity

“In the heart of every young person lies the potential for greatness”

We offer youth programs (ages 10-18) throughout West Lorne, Dutton, and Rodney

## West Elgin Community Health Centre

153 Main Street

West Lorne ON, N0L 2P0

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[wehc.on.ca](http://wehc.on.ca)



## Land Acknowledgement:

We are grateful for the opportunity to live, meet and work on this territory. We commit to building allyship relationships with First Nations peoples enhancing our knowledge and appreciation of their many histories and voices



## Youth Programs

Ages 10-18



August 2024

# At A Glance

All are welcome!

You do not need to see a doctor or nurse practitioner at the Centre to participate in our FREE youth programs.



## What's Happening?

Our programs change from month-to-month depending on resources and the needs of youth in our community.

Please contact us to ask about our current programs, to sign-up for our monthly newsletter, or if you have any questions. We love hearing from you!



## Programs and Activities

### Wellness and Nutrition Programs

**All Sorts of Sports:** Play a variety of sports and activities in Dutton and West Lorne

**Teen Cooking Box:** Take home a meal kit and learn a new recipe to cook for dinner

**Test Kitchen & Baking Lab:** In-person cooking classes to learn new skills and cook with seasonal ingredients

### Fun and Games

**Board Game Club:** Meet at the Dutton Library for an hour of endless board games

**Dungeons & Dragons:** Whether you are a dungeon master or this is your first time rolling dice, we have room for you at our table

### Reading and Writing

**Youth Book Club:** Meet once a month at the West Lorne Library to talk about all things books while enjoying a delicious snack

**Journalism Club:** Share your perspective in our Youth Newspaper

### Art

**Artistic Expressions:** Take home an art kit with everything you need to start a new art project

**Cricut Crafts:** Join us at the Centre to learn how to use a Cricut machine and make your own creations to take home

We also offer programming for any youth nervous about joining a group program. You'll meet one-on-one with our Youth Advocate and create a plan that works best for you to increase your confidence and comfort with the ultimate goal of taking part in our programs.



Meet Your Youth Advocate

**Kaitlyn Stoddart**

(519) 768-1715, Extension 2314

[kstoddart@wehc.on.ca](mailto:kstoddart@wehc.on.ca)

