

August 2025 Henderson Sweetman Youth Centre Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>Henderson Sweetman Youth Centre</div> <div>5 Labrador Drive, Shearwater</div> <div>(902) 720-1776</div> <div>Hannah Purcell, Youth Program Coordinator</div> <div>hannah.purcell@hrmfrc.ca</div>					<div>Open Drop-In</div> <div>6-8pm</div> <div>1</div>	<div></div> <div>2</div>	
<div>Open Drop-In</div> <div>3-6pm</div> <div>3</div>		<div></div> <div>4</div>	<div></div> <div>5</div>	<div></div> <div>6</div>	<div></div> <div>7</div>	<div>Open Drop-In</div> <div>6-8pm</div> <div>8</div>	<div>Smart Steps:</div> <div>Home Alone Program 10+</div> <div>10am-2:30pm \$5</div> <div>9</div>
<div>Open Drop-In</div> <div>3-6pm</div> <div>10</div>		<div></div> <div>11</div>	<div>Smart Steps:</div> <div>Cooking Class</div> <div>10am-12pm \$5</div> <div>Breakfast Club</div> <div>12</div>	<div></div> <div>13</div>	<div></div> <div>14</div>	<div>Open Drop-In:</div> <div>Water Fun</div> <div>3-5pm</div> <div>15</div>	<div>Popcorn & PJs</div> <div>7-9pm</div> <div>16</div>
<div>Open Drop-In</div> <div>3-6pm</div> <div>17</div>		<div></div> <div>18</div>	<div>Youth Experiencing Deployment</div> <div>Hearts Apart: Hero Rocks</div> <div>6-8pm HLF</div> <div>19</div>	<div>Open Drop-In</div> <div>1-4pm</div> <div>20</div>	<div>Smart Steps:</div> <div>Science Files</div> <div>6-8pm</div> <div>21</div>	<div>Board Game Night at the YC</div> <div>6-8pm</div> <div>22</div>	<div></div> <div>23</div>
<div>Open Drop-In</div> <div>3-6pm</div> <div>24</div>		<div></div> <div>25</div>	<div>Open Drop-In</div> <div>6-8pm</div> <div>26</div>	<div>Youth Experiencing Deployment</div> <div>Minute-To-Win It</div> <div>6-8pm</div> <div>27</div>	<div></div> <div>28</div>	<div>Open Drop-In at Night</div> <div>7-10pm</div> <div>29</div>	<div></div> <div>30</div>
<div></div> <div>31</div>			<div></div> <div>26</div>	<div></div> <div>27</div>	<div></div> <div>28</div>	<div></div> <div>29</div>	<div></div> <div>30</div>

Please register for all drop-ins and programs via our registration system online at www.hrmfrc.ca



Open Drop-In: Looking to kick back and relax? What better way to do so than to come out to the YC for Open Drop-in. This is a safe space for youth to hang out with friends to play with our sports equipment, foosball, video games, board games, and it's a creative space with paint and craft supplies. All this and more available during our drop-in times. Respecting the COVID-19 protocols, we ask that you register for drop-ins.

SMART STEPS:

Home Alone Program 10+: What happens when you want to make a grilled cheese sandwich for lunch when your mom is gone out, but you don't know how to use the stove? Or maybe you accidentally cut your finger by yourself, and you don't know how to properly bandage it up. You're now at an age where becoming independent is cool and wouldn't it be great to learn some of these skills while you are home alone?

Join us for our interactive program to learn some of these types of life skills, including stove safety, basic first aid and much more so you can show your parents how responsible you really are! For more information, reach out to Hannah. Register online required.

Date: Saturday, August 9th, 2025 | 10am-2:30pm | \$5

SMART STEPS:

Cooking Class: Ever wondered how to whip up those delicious chocolate chip cookies like Mom makes, or how to craft the perfect quesadilla? Grab your apron and join Ryan and Cameron in the Youth Centre kitchen! Whether you're picking up new techniques or sharpening your skills, this fun, hands-on class at the YC is the place to be. **Registration is required.**

Plate: Breakfast Club

Date: Wednesday, August 13th, 2025 | 10am-12pm | \$5

Popcorn & PJs: Hang out and relax with your peers in your cozy clothes or pajamas. We'll put some fresh kettle corn on and spend time connecting! Registration Required. For more information, please reach out to Hannah.

Date: Saturday, August 16th, 2025 | 7-9pm

Hearts Apart: Hero Rocks: Are you a youth experiencing a loved one's deployment? You're not alone. This summer, the H&R MFRC invites youth, ages 8-16, to join our supportive and engaging programs created especially for those who have a family member currently deployed. Connect with others who understand what you're going through, share experiences, and build lasting friendships in a fun and welcoming environment. Join staff from the Henderson Sweetman Youth Centre for Hearts Apart: Hero Rocks! This interactive and creative peer-support program is designed for youth ages 8-16 who are experiencing the challenges of having a loved one deployed. Through painting "Hero Rocks," participants can express their feelings, offer messages of support, and honour their heroes in a fun, artistic way. It's a chance to connect with others, share stories, and build a sense of community during times of separation.

Date: Tuesday, August 20th, 2025 | 6-8pm | Halifax MFRC Site

SMART STEPS:

Science Files: Get ready to get messy at the YC's Science Night. Join us as we experiment, test out and learn all about different science topics in a fun, interactive environment. Register online today to reserve your spot!

Date: Thursday, August 21st, 2025 | 6-8pm

Payments can be made online at <http://www.hrmfrc.ca/store> or through the main offices. Programs may be changed or cancelled due to low registration or inclement weather.