

December 2025 Henderson Sweetman Youth Centre Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Smart Steps: <u>Scribble & Self</u> 6-8pm	Smart Steps: <u>Youth Committee</u> 6-8pm	<u>Military 101: Kid Edition</u> 6-8pm	
	1	2	3	4	5	6
<u>Open Drop-In</u> 3-6pm					<u>Open Drop-In</u> 6-8pm	Smart Steps: <u>Cooking Class</u> 1-4pm \$5
7	8	9	10	11	12	13
<u>Open Drop-In</u> 3-6pm			Smart Steps: <u>Comms Circle</u> 6-8pm	<u>Holiday Trivia Night</u> 6-8pm KAHOOT!	<u>Open Drop-In At Night</u> 7-10pm	<u>Dungeons & Dragons</u> 1-5pm
14	15	16	17	18	19	20
<u>Open Drop-In</u> 3-6pm						
21	22	23	24	25	26	27
28	29	30	31		Henderson Sweetman Youth Centre 5 Labrador Drive, Shearwater (902) 720-1776 Hannah Purcell, Youth Program Coordinator hannah.purcell@hrmfrc.ca	

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.

Dates: Sundays 3-6pm

SMART STEPS:

Scribbles & Self: Like to write, doodle, or just get creative? Then join us at the Henderson Sweetman Youth Centre our program Scribbles & Self Journaling! Each session we'll dive into fun prompts that mix-up writing, art, poetry, collages, or even music-inspired entries. You'll get the chance to reflect on your own strengths, values, and personal stories while experimenting with new ways to express yourself. Space Limited – Register today!

Date: Wednesday, December 3rd, 2025 | 6-8pm

Military 101 Kids Edition: Calling all curious minds! Join us for an exciting, interactive workshop designed especially for children aged 8-12 to discover the world of the Canadian Armed Forces (CAF). Participants will step into the role of Junior Military Experts as they explore the exciting missions, jobs, and traditions of military life through games, activities, and hands-on learning.

Date: Friday, December 5th | 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.

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.

Prep Dish: Holiday Cookies

Date: Saturday, December 13th | 1-4pm | \$5

SMART STEPS:

The COMMs Circle: Looking to make friends, build confidence, and learn skills that will help you handle life's ups and downs? Then come join friends and staff at the Henderson Sweetman Youth Centre for Smart Steps: The Social Circle; a fun and interactive program designed for youth ages 9–13 to practice social skills, emotional regulation, and peer connections through games, group discussions, and hands-on activities. This session will focus on Emotional regulation and building on your emotional control. For more information, please reach out to Hannah. Registration required – register today!

Date: Wednesday, December 17th, 2025 | 6-8pm

Dungeons & Dragons: D&D is a fantasy based role-playing game played with 4+ people. Together with the Dungeon Master, imaginary worlds are created. Moving through the story, individual characters will form teams that explore, battle and problem solve through each adventure. Together we will gather treasure, knowledge and experience points. Register online today.

Date: Saturday, December 20th | 1-5pm

***Campaign Currently Full** – Please reach out to Hannah for more information

