



THE BANGOR REGION YMCA
TEEN CENTER – APRIL

Green = Activities & Clubs
Pink = Mental Health Groups

Orange = Clubs
Blue = Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 3:30–4:30 DIY Club 4:00–5:00 MS Leaders Club 6:00–7:00 A Place & Some Space - MS	2 5:00–6:30 Taco Tuesday Trivia	3 4:00–6:00 RRS Office Hours 5:00–6:00 Interact Leaders Club	4 6:00–7:00 A Place & Some Space - HS	5 3:30–5:00 Gaming Club	6 12:00–2:00 Dungeons & Dragons
7	8 3:30–4:30 DIY Club 4:00–5:00 MS Leaders Club 6:00–7:00 Alateen	9 5:00–6:30 Taco Tuesday Trivia	10 4:00–6:00 RRS Office Hours 6:00–7:00 Interact Leaders Club	11 6:00–7:00 A Place & Some Space - HS	12 3:30–5:00 Gaming Club	13 12:00–2:00 Dungeons & Dragons
14	15 8:00am–4:00pm Babysitting Course 4:00–5:00 MS Leaders Club Vacation Drop in hours are Monday – Friday 12pm – 6pm	16 5:00–6:30 Taco Tuesday Trivia	17 4:00–6:00 RRS Office Hours 6:00–7:00 Interact Leaders Club	18 4:00–6:00 FREE BBQ 6:00–7:00 A Place & Some Space - HS Vacation Drop in hours are Monday – Friday 12pm – 6pm	19 3:30–5:00 Gaming Club 5:00–7:30 Pool Movie Night	20 CLOSED
21	22 3:30–4:30 DIY Club 4:00–5:00 MS Leaders Club 6:00–7:00 Alateen	23 4:00–5:00 Teens 2 Work 5:00–6:30 Taco Tuesday Trivia	24 4:00–6:00 RRS Office Hours 6:00–7:00 Interact Leaders Club	25 6:00–7:00 A Place & Some Space - HS	26 3:30–5:00 Gaming Club	27 10:00–2:00 Healthy Kids Day
28	29 3:30–4:30 DIY Club 4:00–5:00 MS Leaders Club 6:00–7:00 A Place & Some Space - MS	30 4:00–5:00 Teens 2 Work 5:00–6:30 Taco Tuesday Trivia	1 2:00–6:00 College Commitment Celebration	<div>Babysitting www.CPRforLess.com to register for our babysitting course this April!</div>		<div>Healthy Kids Day! Join us for this FUN - FREE - FAMILY event on April 27th!</div>
					<div>THE OFFICIAL MOVIE SPECIAL AVENGERS INFINITY WAR 4/19 – 5pm Pool Movie Night</div>	

A Place & Some Space – Middle School 1st and 3rd Monday of every month 6:00 – 7:00 High School every Thursday from 6:00 – 7:00

- This open format, mental health support group for teens will meet weekly on the second floor of the Teen Center. Our goal is to provide a space for ventilation, processing, and skills development for middle school aged youth. This group is a safe, affirming, and accepting space that will maintain confidentiality within legal and ethical constraints. LGBTQ+ friendly, always.

Alateen Meeting – 2nd and 4th Monday of every month 6:00 – 7:00

- Alateen is a fellowship of young people whose lives have been affected by someone else's drinking. Alateen is not a religious program and there are no fees or dues to belong to it. The Teen Center Alateen group meets in a private group room with trained facilitators twice a month.

Dungeons & Dragons – Every Saturday from 12:00 – 3:00

- All levels of experience are welcome. D&D allows each player to create their own characters who embark upon imaginary adventures within a fantasy setting. A Dungeon Master serves as the game's referee and storyteller. The characters form a party and they interact with the setting's inhabitants and each other. Together they solve dilemmas, engage in battles, and gather treasure and knowledge.

Gaming Club – Every Friday 3:30 – 5:30

- Unwind at the end of the week in our high-end computer lab! We'll be starting out with Fortnite and a big screen Mario Kart Battle but welcome everyone to bring ideas for other games. Space is limited but participants can bring their own devices!

Interact Leaders Club – Every Wednesday 6:00 – 7:00

- Interact is a service leadership club for high schoolers. There is no cost to attend! Each year participants complete one international and a variety of local service projects in their communities. In addition to their weekly meetings the club also holds optional retreats, camping trips, and events.

Movie Night – Varied

- We will have the popcorn machine fired up and a good movie on the big screen projector TV. This is a free event but a donation to the Teen Center of \$1-2 a person is always welcome! Feel free to bring your own comfy chair or bean bag.

MS Leaders Club – Mondays from 4:00 – 5:00

- The Middle School Leaders Club is a leadership development group for middle schoolers. The group focuses on leadership development through initiatives and activities, outdoor experiences, and experiential education. Free, although there may be some costs associated with some of the optional activities.

Rape Response Services Office Hours – Wednesdays from 4:00 – 6:00

- Rape Response Services' education program gives schools, community groups, social service providers, health care providers, camps, towns, correctional facilities, and local businesses tools to help stop and respond to sexual assault. Office hours will facilitate prevention education include free, age appropriate, research-based programs for adolescents. RRS staff will be also be available for one on one consultation with staff, participants, & parents.

Taco Tuesday Trivia – Tuesdays from 5:00 – 6:30

- Trivia starts at 5 and should go for about an hour and a half! Teams of 6th to 12th graders are invited to take part, top teams will go home with gift cards or candy. A donation of \$1-2 per person will help fund programming at the Teen Center including our Youth in Government and the Leaders Clubs. We will be serving up tacos starting at 5 so come hungry!

Youth in Government – Tuesdays 4:00 – 5:00

- YIG practices civic engagement at both the state and national level by participating in the Maine Youth in Government conference and the Conference on National Affairs in North Carolina. Participants write bills and proposals, are elected to leadership positions within the state and national organizations and engage their communities. While much of the cost associated with this program are fund-raised there may be some cost to attend conferences.