



THE BANGOR REGION YMCA TEEN CENTER - JANUARY 2024

Drop-In Hours: Monday – Friday, 2:00 – 6:00pm

Where All Are Welcome • 17 Second St., Bangor • 207 941 2808 • kwakana@bangorY.org



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 YMCA CLOSED 	2 Art Group w/ the Youth Peer Support Statewide Network (YPSSN) @ 3:30–4:30pm Leaders Club @ 5:30–6:30pm	3 Rape Response Advocate on-site @ 3:15pm	4 Application Assistance @ 2:00–6:00pm Me and My Future @ 4:00–5:00pm	5 Movie Night: Teens Choice @ 4:00pm Friday Night Dinner: Mac 'n' Cheese @ 4:30pm Free Swim @ 6:00pm	6
7 	8 Trivia Night @ 4:00pm Jackbox Games @ 4:30pm	9 Video Game Tournament @ 4:30pm	10 Rape Response Advocate on-site @ 3:15pm	11 Application Assistance @ 2:00–6:00pm Guided Mindfulness @ 4:00–5:00pm	12 Movie Night: Teens Choice @ 4:00pm Friday Night Dinner: Lasagna @ 4:30pm Free Swim @ 6:00pm	13 
14 	15  Martin Luther King Jr. Day YMCA CLOSED	16 Art Group w/ the Youth Peer Support Statewide Network (YPSSN) @ 3:30–4:30pm Leaders Club @ 5:30–6:30pm	17 Rape Response Advocate on-site @ 3:15pm	18 Application Assistance @ 2:00–6:00pm Me and My Future @ 4:00–5:00pm	19 Movie Night: Teens Choice @ 4:00pm Friday Night Dinner: Dinner with a Dietitian @ 4:30pm Free Swim @ 6:00pm	20
21 	22 Trivia Night @ 4:00pm Jackbox Games @ 4:30pm	23 Video Game Tournament @ 4:30pm	24 Rape Response Advocate on-site @ 3:15pm	25 Application Assistance @ 2:00–6:00pm Guided Mindfulness @ 4:00–5:00pm	26 Movie Night: Teens Choice @ 4:00pm Friday Night Dinner: Pizza @ 4:30pm Free Swim @ 6:00pm	27 
28 	29 Trivia Night @ 4:00pm Jackbox Games @ 4:30pm	30 Trivia Night @ 4:00pm Jackbox Games @ 4:30pm Leaders Club @ 5:30–6:30pm	31 Rape Response Advocate on-site @ 3:15pm		 Thank you Heart of Maine United Way for supporting our Teen Center	

ALL MONTH LONG

We will be hosting a Food Drive and accepting donations for the Food Pantry.

HOMEWORK ASSISTANCE

Monday – Friday, 2:00pm

FRIDAY MOVIE NIGHTS

Free dinner will be provided!

TRIVIA NIGHTS

Winner receives candy! Popcorn will be provided.

JACKBOX GAMES

Jackbox Games are party games played as a group using cell phones or personal computers.

JOBS & APPLICATIONS ASSISTANCE

Job and college application assistance from the Teen Center staff from 2:00 – 6:00pm.

ME AND MY FUTURE

A NEW Teen Center program, with the goal of expanding horizons of our Bangor Y Teens—offering them the opportunity to explore local college campuses, as well as learn about and tour local businesses to see what they look for in future employees.

GUIDED MINDFULNESS

New Teen Center Program, led by Teen Center Staff to encourage teens to take a break from electronics and practice reflection, learn mindfulness techniques, and have meaningful peer-to-peer conversations.

ART GROUP WITH THE YPSSN

Have fun creating crafts! The Youth Peer Support Statewide Network (YPSSN) is a new, growing resource open to any young adult in Maine.

LEADERS CLUB

The goal of this group is to provide teens with the skills, resources, and volunteer opportunities they need to strengthen their leadership abilities and enhance their job & college applications in the future.

RAPE RESPONSE ADVOCATE ON-SITE

There will be a Rape Response Advocate in the Teen Center on Wednesdays. This advocate is available for any teen to talk to.

FREE SWIM

Fridays, 6:00 – 7:00pm. We will be having some fun swim time at the Bangor Y Pool. Bring a bathing suit and towel.

KEY

Green = Activities
Orange = Clubs