



MJMHA NEWSLETTER



Player of the Month

U7
Halee
Blais

U9
Hannah
McMillan

U11
Peyton
Stratford

U13
Rhya
Bollinger

U15
Ethan
Durrant

U18
Hunter
Nichols

Official
Luka Anuik

Pick up your DQ coupon from
the MJMH office

A decorative border of pink cherry blossoms and buds frames the central text. The blossoms are in various stages of opening, with some showing vibrant pink petals and others as buds. They are scattered around the edges of the white background.

Annual General Meeting

April 9, 2025

6:30PM

Temple Gardens Center

All members welcome



The U15B Hornets faced off against the U15B Thrashers for the city championship - and Hornets came out on top 🏆

U18B Warriors 1
lost in the quarter
finals to Prairie
Storm Lightning

U18B Warriors 2
lost in the quarter
finals to Lumsden
Lions



U11 Champs



U11B Hurricanes



U11C Yetis




The Ug battled their way to the A finals in their last tournament of the season. While they came up short they had a ton of fun!

U13 Mavericks finished off there season they lost out in the 1st round of playoffs.


U18 Mavericks were a little Cinderella story away from going to the League final, 1st round of playoffs they met up against the number 1 team and went on to beat them 2 games - 0. Then proceed to round 2 were they played the 2nd placed team and went onto beating them in 3 games. Went onto the South Final and lost 2 games-0

U15, Lost a heart breaker in Game 3 of the League/Provincial final, They met Western Prairie Thunderbolts in the final, went up to Unity and Lost 2-1, then they headed to Saskatoon over the weekend to play in the March Ice, and won there 5th Tournament of the year. Came home and played game 2 and won 2-1, then the next day played a thriller of a game and came up short with a 5-4 loss.



SOUTH FINAL CHAMPIONS



GAME 2
FINAL SCORE **MU** **4** **1** 

U15 A MOOSE JAW CARPET ONE MAVERICKS



Provincials

U15B Hornets lost
in Provincial Semi
Finals vs Regina
Hawks in double
OT of game 3.

U18B Warriors 2 lost
in Provincial Semi
Finals to
Saskatoon Wild
Razorbacks



**U13 Crushed Can Predators represented
Moose Jaw in the Provincials**



U15A Warriors came up short but should be proud to be the 2024-2025 Provincial Finalists. It was a hard fought battle and while it wasn't the results they wanted, the memories are what matter most



HomeBase News



Menu of Services at HOMEBASE Moose Jaw

HOMEBASE Contact:

(306)694-5554 or
HOMEBASE@regina.ymca.ca
www.homebasesask.ca

April



Monday

12:30-5:30 Mental Strength & Wellbeing Support

1-4:30 Autism Services

2-5:30 Learning Lab

2-5:30 Drop In

Tuesday

10-4:30 Drop in Counselling services *SHA Mental Health & Addictions*

2-7 Mental Strength & Wellbeing Support

2:30-7 Learning Lab

2:30-7 Peer Support

4-5 YMCA Newcomer Wellness program*

4-5:30 Y Mind

5:30-6:30 Craft Night

Wednesday

12:30-5:30 Mental Strength & Wellbeing Support

2-4 Drop In Newcomer Support
Moose Jaw Multicultural Council

2-5:30 Learning Lab

2-5:30 Peer Support

4-5 Bingo Night

Thursday

10-2 Primary Care
The Nest Health Centre *Appointment Only*

2-7 Mental Strength & Wellbeing Support

2:30-7 Peer Support

2:30-7 Learning Lab

4-6:15 YMCA Boys Empowerment*

5:30-6:30-YMCA Youth Empowerment*

Friday

12:30-5:30 Mental Strength & Wellbeing Support

1:30-5:30 Learning Lab

1:30-5:30 Drop In

12:30-5:30 Mental Strength & Wellbeing Support

1-4:30 Autism Services

2-5:30 Learning Lab

2-5:30 Drop In

10-4:30 Drop in Counselling services *SHA Mental Health & Addictions*

2-7 Mental Strength & Wellbeing Support

2:30-7 Learning Lab

2:30-7 Peer Support

4-5:30 Y Mind

4-5 YMCA Newcomer Wellness program*

12:30-5:30 Mental Strength & Wellbeing Support

2-4 Drop In Newcomer Support
Moose Jaw Multicultural Council

2-5:30 Peer Support

2-5:30 Learning Lab

4-5 Conversation Circle

10-2 Primary Care
The Nest Health Centre *Appointment Only*

2-7 Mental Strength & Wellbeing Support

2:30-7 Learning Lab

2:30-7 Peer Support

4-6:15 YMCA Boys Empowerment*

5:30-6:30-YMCA Youth Empowerment*

6-7 Queer Navigation Youth

12:30-5:30 Mental Strength & Wellbeing Support

1:30-5:30 Learning Lab

1:30-5:30 Drop In

12:30-5:30 Mental Strength & Wellbeing Support

1-4:30 Autism Services

2-5:30 Learning Lab

2-5:30 Drop In

10-4:30 Drop in Counselling services *SHA Mental Health & Addictions*

2-7 Mental Strength & Wellbeing Support

2:30-7 Learning Lab

2:30-7 Peer Support

4-5 YMCA Newcomer Wellness Program*

4-5:30 Y Mind

12:30-5:30 Mental Strength & Wellbeing Support

2-4 Drop In Newcomer Support
Moose Jaw Multicultural Council

2-5:30 Peer Support

2-5:30 Learning Lab

4-5:30 Paint Night

10-2 Primary Care
The Nest Health Centre *Appointment Only*

2-7 Mental Strength & Wellbeing Support

2:30-7 Peer Support

4-5 YMCA Boys Empowerment*

4-6 Drop In

5:30-6:30-YMCA Youth Empowerment*

6-7 Queer Navigation 19+

CLOSED

12:30-5:30 Mental Strength & Wellbeing Support

1-4:30 Autism Services

2-5:30 Drop In

2-5:30 Learning Lab

3-4 Clay Bead Bracelet Making

10-4:30 Drop in Counselling services *SHA Mental Health & Addictions*

2-7 Mental Strength & Wellbeing Support

2:30-7 Learning Lab

2:30-7 Peer Support

3-4 Earth Day Craft

4-5:30 Y Mind

12:30-5:30 Mental Strength & Wellbeing Support

2-4 Drop In Newcomer Support
Moose Jaw Multicultural Council

2-5:30 Peer Support

2-5:30 Learning Lab

2-5 Young Workers Course

10-2 Primary Care
The Nest Health Centre *Appointment Only*

2:30-7 Learning Lab

2:30-7 Peer Support

2-7 Mental Strength & Wellbeing Support

3-5 Open Mic

6-7 Queer Navigation Youth

12:30-5:30 Mental Strength & Wellbeing Support

1:30-5:30 Learning Lab

1:30-5:30 Drop In

2:30-4:30 Positive Affirmation Paint night

12:30-5:30 Mental Strength & Wellbeing Support

1-4:30 Autism Services

2-5:30 Drop In

2-5:30 Learning Lab

10-4:30 Drop in Counselling services *SHA Mental Health & Addictions*

2-7 Mental Strength & Wellbeing Support

2:30-7 Learning Lab

4-5:30 Y Mind

4-5 YMCA Newcomer Wellness Program*

5:30-6:30 Book Club

12:30-5:30 Mental Strength & Wellbeing Support

12:10-12:50 Parenting Lunch & Learn*- reg required

2-4 Drop In Newcomer Support
Moose Jaw Multicultural Council

2-5:30 Peer Support

2-5:30 Learning Lab

HOMEBASE Location & Hours:

52 High Street W
Monday, Wednesday, Friday **11 AM - 5:30 PM**

Tuesday & Thursday **10 AM - 7 PM**

Saturday **One Day/Month *Stay Tuned***

Sunday **CLOSED**



Description of Services

at HOMEBASE Moose Jaw

April

HOMEBASE Contact:

(306)694-5554 or HOMEBASE@regina.ymca.ca
www.homebasesask.ca

Drop in Programming

- **Mental Strength & Wellbeing Support** : youth have access to mental health support provided by the HOMEBASE Mental Health Lead. Drop in or appointments available.
- **Drop In** : youth can drop in and hang out! Youth will have access to the rec room, art room, computers and coffee bar either at their leisure or participate in activities led by our Peer Support staff
- **Primary Health- The Nest Health center** : General primary care including sexual health, mental health and addictions services. Phone 306-694-5554 (ext 4) to book an appointment
- **Peer Support**: drop in and speak with our peer support staff about services available within the hub or out in the community
- **Learning Lab**: access computers for educational, employment, or internet services
- **HOMEBASE Social events**: drop in and participate in any or all of our social events throughout the month! Paint night, Bingo, Conversation Circle, Clay bracelet making, Board games, open mic, positive affirmation ceiling tile paint night, and Earth day craft!
- **SHA Mental Health and Addictions**: drop in counselling services address the unique mental health needs of youth, including substance use and abuse, anxiety, depression, stress management, emotional regulation, self-esteem concerns and interpersonal conflict
- **Book Club**: Join us for a monthly book club hosted by the Moose Jaw Public Library to discuss new, popular and award winning YA books. This month is Anne of Green Gables. Books can be picked up April 1st- 3rd at HOMEBASE
- **MJMCC Newcomer Support**: newcomer youth can drop in and receive support from a MJMCC Swis Worker
- **Young Workers Readiness**: Youth age 14-15 can drop in and have access to computer to complete the pre-employment course
- **Autism Services**: providing support to youth between the ages of 12-19 with autism. Drop in support services focus on providing a flexible, accessible and non judgemental environment where they can receive help based on their individual needs.
- **Craft Night**: The Moose Jaw Public Library will be hosting drop in Arts and Craft night. Drop in to create hexaflexagon paper fidgets!
- **Queer Navigation**: A peer based group dedicated to bridging queer youth and allies together through education and knowledge. Discussing topics like identity, coming out, boundaries and discrimination, youth are welcome to come and learn together every second Thursday. Queer Navigation Youth (age 16-18) starting April 10th and Queer Navigation 19+ (19-25) starting April 17th

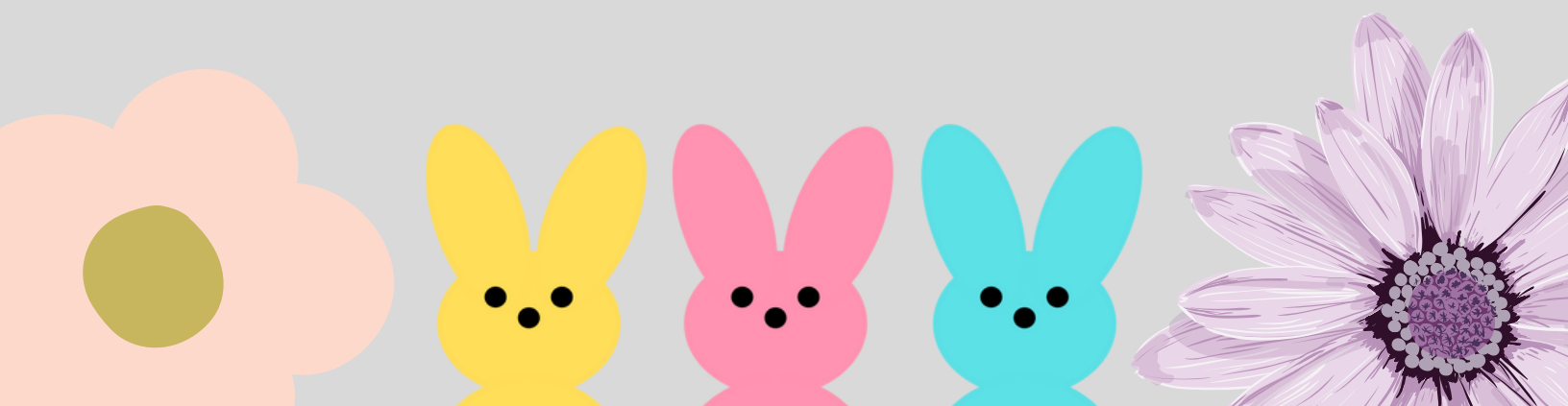


Description of Services at HOMEBASE Moose Jaw

April

*Registered Programming:

- **Parenting Lunch & Learn series:** Last Wednesday of the month will feature a parenting workshop provided by Prairie South School Division at HOMEBASE. A light lunch will be provided. To register email homebase@regina.ymca.ca
- **YMCA Boys Empowerment:** Creating conversation and activities for personal growth around leadership, positive masculinity and self esteem. 8 week session for male identifying youth in grades 6-9. For more information or to register for the spring session visit regina.ymca.ca
- **YMCA Youth Empowerment :** A fun and engaging program to help you build confidence, develop leadership skill's and tackle life's challenges like a pro! For youth in grades 6-9. To register for the spring session visit regina.ymca.ca
- **Y Mind:** This is a free 7 week mental wellness program that helps youth ages 13-18 find the mental health support they are looking for. To register email douglas.robinson@regina.ymca.ca.
- **YMCA Newcomer Wellness Program:** This program is an 8 week registered program for youth in grades 9-12. Designed to ease the transition for young newcomers to Canada by providing a supportive and engaging environment. This program offers a variety of activities aimed at better cultural understanding, communication development, social and emotional skills. To register for the spring session visit regina.ymca.ca





From MJMHA
Staff and
Board of Directors

See you at the rink for the 2025-2026 season





Thank you
to
our sponsors

