

# MJMHA NEWSLETTER MARCH 2025

U7

U9

**U11** 

Tucker Searle

Emerson Andrei Wesley Harkness

U13

U15

U18

Keiran Neuls-Dumoulin.

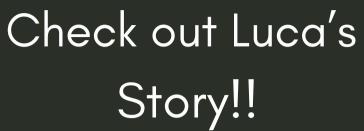
Drayson Silbernagel Jayden Babich



Pick up your DQ coupon from the MJMHA

Official

Grayson Hrenyk





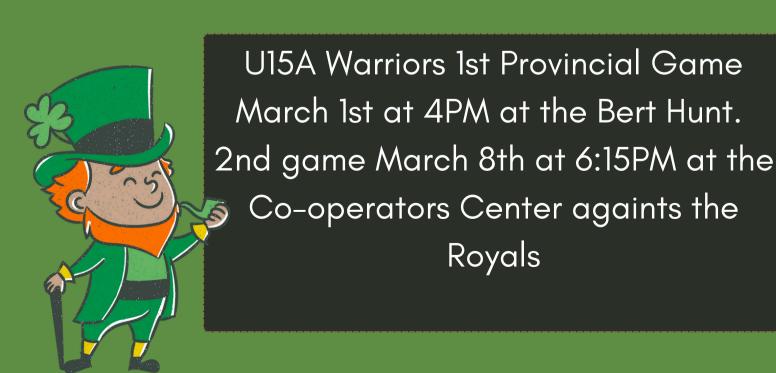


https://www.youtube.com/watch?v=9R3SUOLRwGk

### U9

All teams have been representing Moose Jaw well at out of town tournaments with competitive games and winning candy cups. As the season is coming close to an end, all regular season games have been close games. Players are developing and improving on their skills.

U15B Playoffs start March 8th U18B Playoffs start first week of March





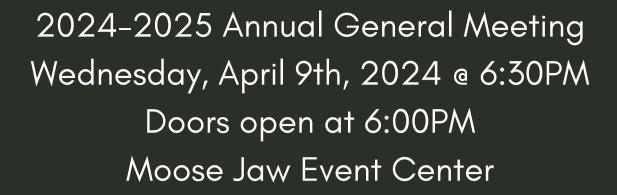
2025 Jason Mercer Memorial Official of the year nomination form on the MJMH website http://www.moosejawminorhockey.com/form/6618

2025 Coach and Volunteer of the year nomination form on the MJMHA Website http://www.moosejawminorhockey.com/form/6617

2024–2025 Coach Evaluation Form on MJMHA Website

Due: March 23rd

http://www.moosejawminorhockey.com/form/5282





# **HOMEBASE** Events



March

**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! Mario cart tournament, pizza and movie night, board games, trivia, and cookie baking!
- 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
- MJMC Newcomer Support: newcomer youth can drop in and receive support from a MJMCC Swis Worker
- **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 The Perks of Being A Wallflower. Books can be picked up March 5th & 6th at HOMEBASE
- 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 recieve 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 woven friendship bracelets! Keep for yourself or share with a friend!
- RBC: Your Brand Matters: Workshop for youth entering the workforce- drop in for an interactive workshop for
  youth learn the essentials of what makes a great personal brand, first impressions and professional presence in the
  workforce.

## **HOMEBASE** Events



# March

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#### \*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
- 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
- International Women's Day Activity: In honor of International Women's Day on March 8th, the Homebase staff is hosting a Self Care workshop on March 4th. Join our Mental Health Lead and assemble your own personalized self care kit! Registration is preferred by emailing homebase@regina.ymca.ca



## Menu of Services at HOMEBASE Moose Jaw

# March

#### Monday

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

1-4:30 Autism

2-5:30 Learning Lab

2-5:30 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

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

1-4:30 Autism

2-5:30 Learning Lab

2-5:30 Drop In

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

1-4:30 Autism Services

2-5:30 Drop In

2-5:30 Learning Lab

Tuesday

10-4:30 Drop in Counselling

2-7 Mental Strength & Wellbeing

2:30-7 Learning Lab 2:30-7 Peer Support

4-5 International Women's Day

5:30-6:30 Craft Night

10-4:30 Drop in Counselling

**2-7** Mental Strength & Wellbeing Support

2:30-7 Learning Lab

2:30-7 Peer Support

4:30-6 Mario Cart Tourny

**4-5** YMCA Newcomer Wellness program\*

10-4:30 Drop in Counselling

2-7 Mental Strength & Wellbeing Support

2:30-7 Learning Lab

2:30-7 Peer Support

10-4:30 Drop in Counselling

4-5 Newcomer Wellness Program

5:30-6:30 Book Club

2-7 Mental Strength & Wellbeing Support

2:30-7 Learning Lab

2:30-7 Peer Support

**4-5** YMCA Newcomer Wellness Program\*

4-5 Trivia

#### Wednesday

11-5 Mental Strength & Wellbeing Support

2-4 Drop In Newcomer Support

2-5:30 Learning Lab

2-5:30 Peer Support

11-5 Mental Strength & Wellbeing Support

2-4 Drop In Newcomer Support

2-5:30 Peer Support

2-5:30 Learning Lab

11-5 Mental Strength & Wellbeing Support

2-4 Drop In Newcomer Support

2-5:30 Peer Support

2-5:30 Learning Lab

11-5 Mental Strength &

Wellbeing Support

2-4 Peer Support

2-5:30 Learning Lab

Thursday

10-2 Primary Care

**2-7** Mental Strength & Wellbeing Support

2:30-7 Peer Support

2:30-7 Learning Lab

4-5 YMCA Boys Empowerment\*

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

10-2 Primary Care

2-7 Mental Strength & Wellbeing Support

2:30-7 Learning Lab

2:30-7 Peer Support

4-6 Movie Night

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

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

Friday

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

1:30-5:30 Learning Lab

1:30-5:30 Drop In

1:30-5:30 Learning Lab

1:30-5:30 Drop In

2-4 Games Day

10-2 Primary Care

2-7 Mental Strength & Wellbeing Support

2:30-7 Peer Support

4-5:30 Cookie Baking

5-6 RBC Banking Presentation

Your Brand Matters
5:30-6:30-YMCA Youth
Empowerment\*

1:30-5:30 Drop In

10-2 Primary Care

2:30-7 Learning Lab

2:30-7 Peer Support

**2-7** Mental Strength & Wellbeing Support

4-6:15 YMCA Boys Empowerment\*

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

12:30-5:30 Mental Strength

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

1:30-5:30 Learning Lab

1:30-5:30 Learning Lab

1:30-5:30 Drop In

FREE Access to a Health & Wellness area and Creative Art & Literary space

Watch our social media for drop in social events!

**HOMEBASE Location & Hours:** 52 High Street W

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

2-4 Drop In Newcomer Support

Monday, Wednesday, Friday 11 AM - 5:30 PM Tuesday & Thursday 10 AM - 7 PM Saturday One Day/Month \*Stay Tuned\* Sunday CLOSED

Medavie Community Paramedicine will be available as needed.

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





# Thank you to all MJMHA Sponsors













