



MJMHA NEWSLETTER MARCH 2025



U7

Tucker
Searle

U9

Emerson
Andrei

U11

Wesley
Harkness

U13

Keiran Neuls-
Dumoulin.

U15

Drayson
Silbernagel

U18

Jayden
Babich



Pick up your DQ coupon
from the MJMHA

Official

Grayson
Hrenyk

Check out Luca's
Story!!



<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

U15A Warriors 1st Provincial Game
March 1st at 4PM at the Bert Hunt.
2nd game March 8th at 6:15PM at the
Co-operators Center againsts the
Royals





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>

2024-2025 Annual General Meeting
Wednesday, April 9th, 2024 @ 6:30PM
Doors open at 6:00PM
Moose Jaw Event Center

2024 - 2025 Graduating Player
Scholarship Application is now
open

<http://www.moosejawminorhockey.com/article/82722>



HOMEBASE Events

Description of Services at HOMEBASE Moose Jaw

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 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 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



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at HOMEBASE Moose Jaw

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

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**





Menu of Services at HOMEBASE Moose Jaw

March



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 International Women's Day activity*
5:30-6:30 Craft Night
Moose Jaw Public Library

Wednesday

11-5 Mental Strength & Wellbeing Support
2-4 Drop In Newcomer Support
Moose Jaw Multicultural Council
2-5:30 Learning Lab
2-5:30 Peer Support

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
4-5 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
4:30-6 Mario Cart Tourny
4-5 YMCA Newcomer Wellness program*

11-5 Mental Strength & Wellbeing Support
2-4 Drop In Newcomer Support
Moose Jaw Multicultural Council
2-5:30 Peer Support
2-5:30 Learning Lab

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

12:30-5:30 Mental Strength & Wellbeing Support
1:30-5:30 Learning Lab
1:30-5:30 Drop In
2-4 Games Day

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 Trivia

11-5 Mental Strength & Wellbeing Support
2-4 Drop In Newcomer Support
Moose Jaw Multicultural Council
2-5:30 Peer Support
2-5:30 Learning Lab

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

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 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
2:30-7 Peer Support
4-5 Newcomer Wellness Program*
5:30-6:30 Book Club
Moose Jaw Public Library

11-5 Mental Strength & Wellbeing Support
12:10-12:50 Parenting Lunch & Learn* - reg required
2-4 Drop In Newcomer Support
Moose Jaw Multicultural Council
2-4 Peer Support
2-5:30 Learning Lab

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
4-6:15 YMCA Boys Empowerment*
5:30-6:30-YMCA Youth Empowerment*

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

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 Tuesday & Thursday **10 AM - 7 PM**
 Saturday **One Day/Month *Stay Tuned***
 Sunday **CLOSED**

Medavie Community Paramedicine will be available as needed.

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Thank you to all
MJMHA
Sponsors

