

Coquitlam Youth Strategy



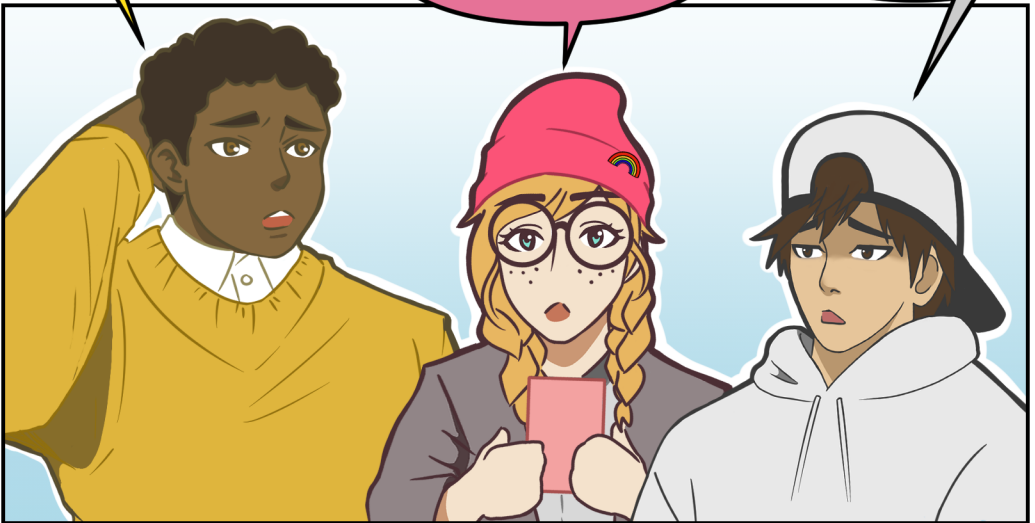


After school, Jaune, Penelope, and Greyson are chatting about their goals and busy schedules...

I need to finish getting my volunteer hours. Any ideas?

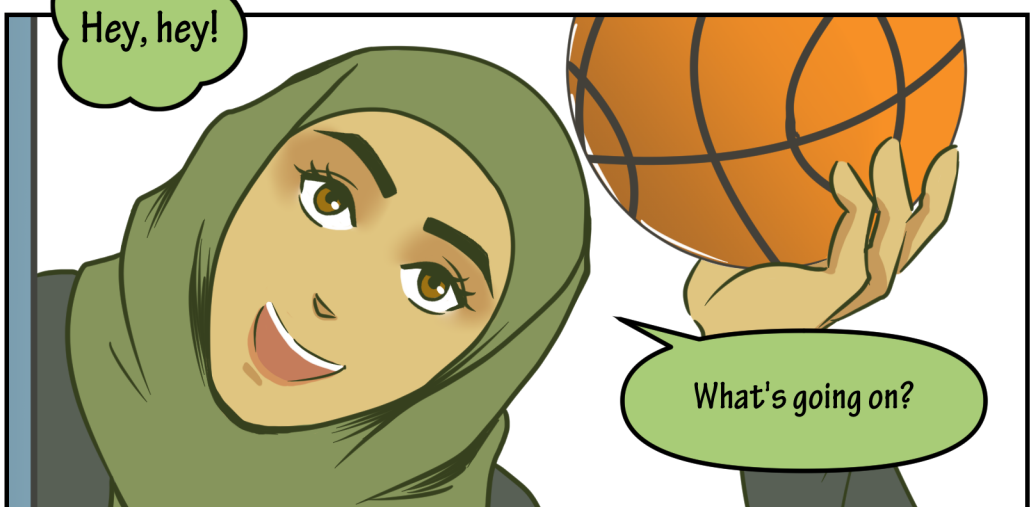
Yeah, me too. In the process. I want to get some leadership experience. I should join a group maybe?

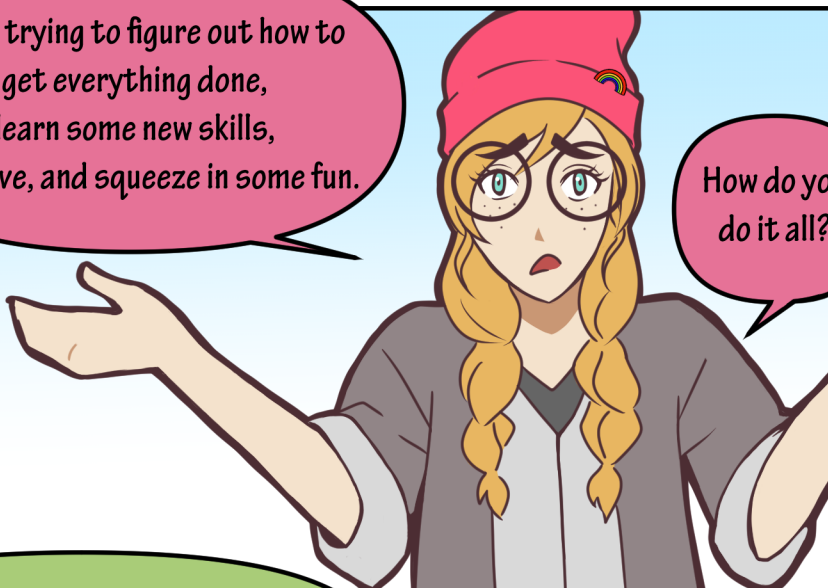
I won't have time to join a team this year. I miss playing sports.






Fern joins them...





We're trying to figure out how to get everything done, learn some new skills, be active, and squeeze in some fun.

How do you do it all?

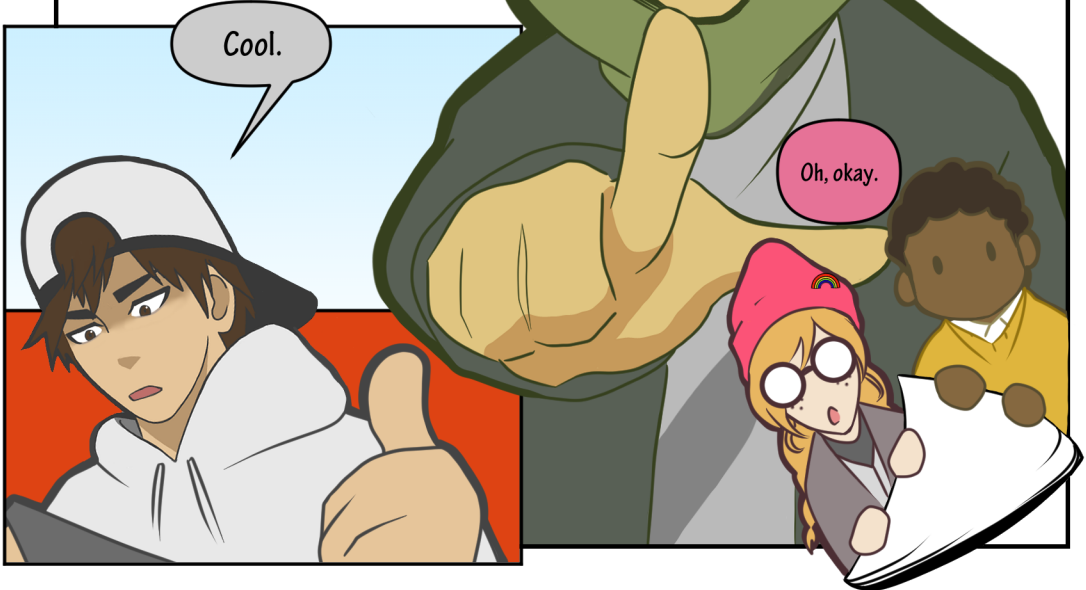
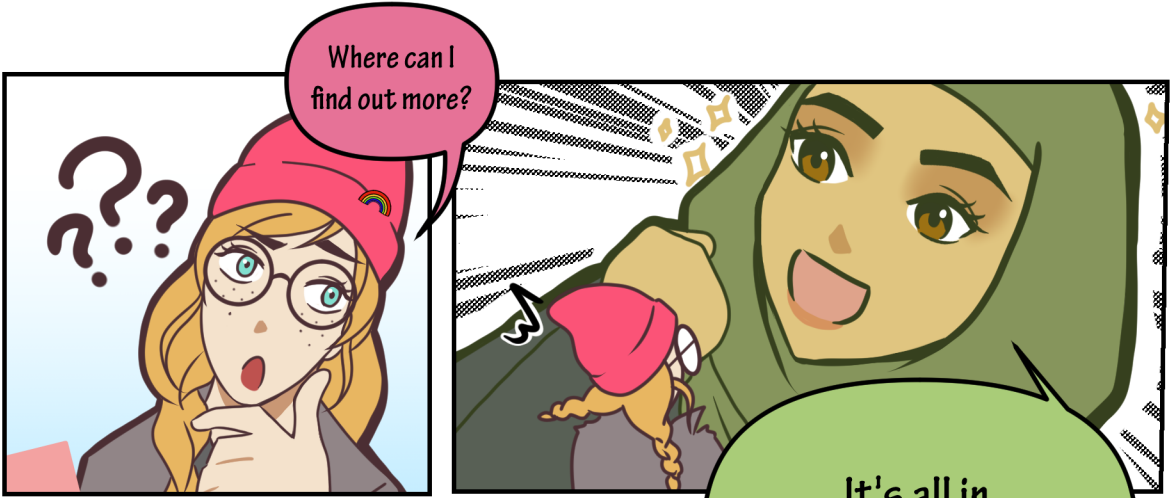


I'm balancing my schedule! I've been getting more exercise and sleep, and less screen time -- which helps a lot!



And the City offers many ways to volunteer, try new things, stay active, and have fun social time.

Recreation to fit into our busy schedules, all in one place.



Goal #1

Engagement and Leadership

lead*er (noun): a guide, mentor, influencer, ground-breaker, trail-blazer

Volunteering

More flexible, short-term and drop-in volunteer opportunities.

More outdoor volunteer experiences.



Leadership & Decision-Making

Have a say in programs and services for youth and young adults.

Join a youth committee.

Help start a new group and work on projects that matter most to you.

Join a Council Advisory Committee to provide feedback on City services.

Leadership to Employment

Short term job shadowing, internship and mentorship opportunities; career fairs.

Leadership training and job readiness skills (resume building, interview skills, etc.).

Support with volunteering, leadership and potential employment.

Goal #2

Positive connections

con*nec*tions (noun): networks, relationships, friends

Friendly, supportive staff

To make sure you have great recreation experiences.
Provide info on health, wellness and resources
when you need some extra support.

Good times and new friends

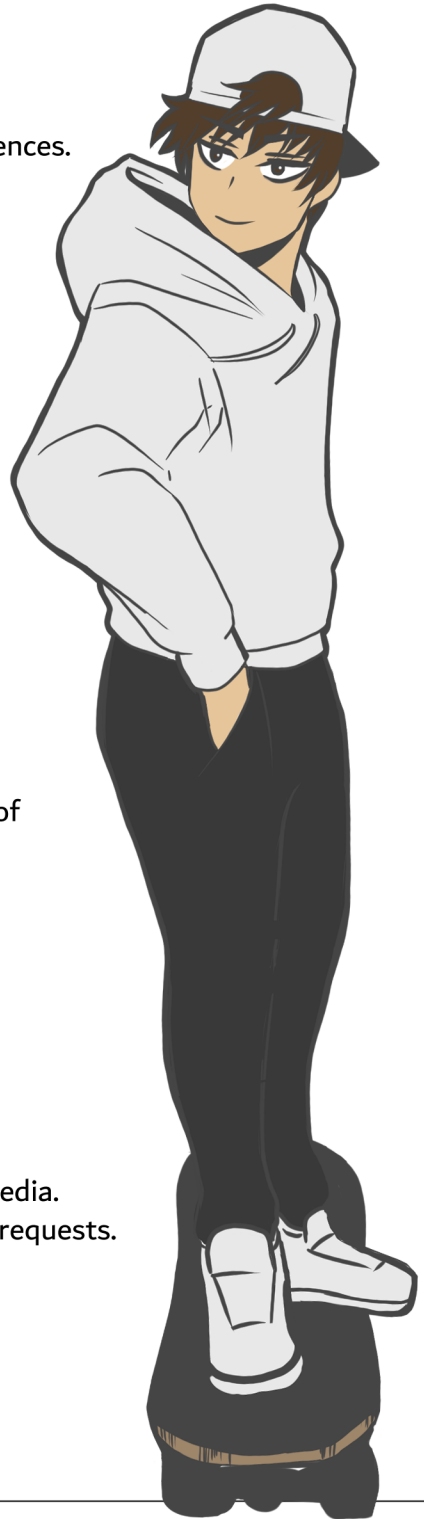
More opportunities to meet new people
and build new connections.
Activity clubs, youth groups and more.

Everyone welcome and included

Safe, inclusive programs and spaces for youth of
all genders, cultures and abilities.
All abilities welcome.

Know what's happening and connect with your City

Opportunities shared through popular social media.
Ability to provide feedback and make program requests.



Goal #3

Active participation

ac*tive (adjective): involvement, energy, and movement

Easy

More Drop-In Programs at more times and places around Coquitlam.

New Pop-Up and casual Meet-Up Activities. More opportunities to try new things and learn new skills.

Affordable

Youth Pass Enhanced
Low / No Cost Programs



Goal #4

Healthy life balance

well*ness (noun): a state of complete physical, mental, and social well-being.

Good Ideas

To achieve a healthier, happier life balance and manage stress.
Access to healthy living resources and positive role models.

Activities

Stress/Time Management: workshops and resources on healthy life balance.

Drop-in Wellness Activities: like yoga, tai chi, mindfulness and meditation.
Time in nature.

Spaces

Indoor: areas to study, hang out with friends,
have a snack,
play an active game,
do something creative,
or just relax.

Outdoor: social and activity areas;
pop-up opportunities;
ability to borrow equipment;
outdoor events;
arts, culture and adventures.



Youth Strategy Goal Areas

• Enhanced volunteer, leadership and decision-making opportunities

Engagement & Leadership

• Healthy life balance supported by wellness activities and spaces

Healthy Life Balance

• Supportive adults and friends in inclusive environments
• Connections through improved communication

Positive Connections

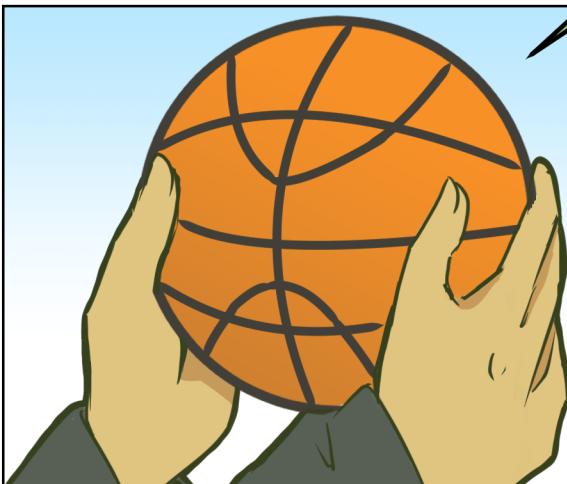
• Easy, accessible and affordable programs and services

Active Participation



Take a look!

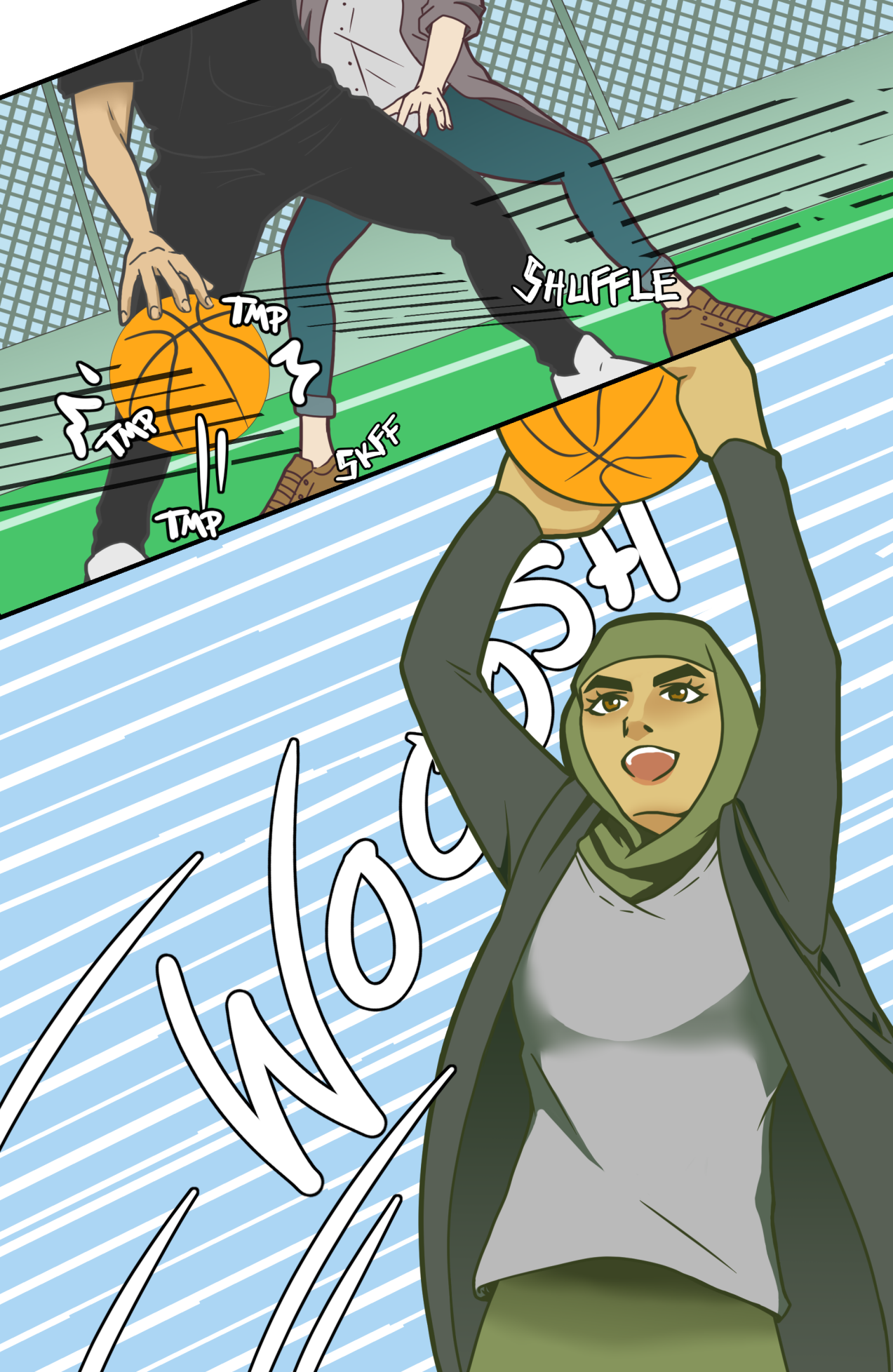
We can start right now -- let's go to the park for a game!



Sure!

I'm in!

Let's go!



SHUFFLE

TAP

TAP

TAP

SKFF

SH

CO

NO

