



Anika Youth Services

	April - July 2022	
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Each year our talented Kids and staff create the most beautiful house flags. They all are proudly displayed in Anika Youth Services boardroom and serve as a reminder of our goals and values.

Cultural Corner

Events

This quarter was full of fun activities and events. For the international women's day youth enjoyed special edition of the hangman game, where all the answers were based on female historical figures and other activities.

St Pat's day was a great way to dive into the Irish culture. In addition to delicious snacks, we had special addition bingo, coin tossing and put a had on a leprechaun games.



Workshops

Every month we have a series of Arts and crafts, cooking and mindfulness workshops to help our youth develop skills, find hobbies and connect with their staff and other youth. Past quarter we had fun making sock monkeys, learning the art of flower arrangements, cooking home made pizzas and more.



Brave Event



Brave event by Salvation Army was a true inspiration for our youth and team members. Guest speakers and great activities were inspirational and we cannot wait for the next opportunity to connect!

Spring connection gathering



Our friends in ROOTS organized an amazing event for kids to attend. Youth had a chance to connect to the elder and their culture, participate in traditional crafts, like paddle painting and drum making. It was lots of fun and Anika kids and staff enjoyed every minute of it!



Coming up...

Indigenous People's Day

This June 21, 2021 is the national 25th anniversary of celebrating the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples!

AYS has huge plans and collaborations to celebrate heritage and culture of ancestors.



Easter Holidays

AYS is celebrating national holiday on May 19th this year. A celebration will be held in the park with lots of fun games, egg hunt, competitions and delicious snacks!

Child and Youth Mental Health Week

A series of workshops for kids and caregivers will evolve around enhancing regulation of emotions, coping and problem-solving skills through fun and engaging activities.

World Environment Day

AYS continues encouraging awareness and action for the protection of the environment. Planting event will be held this year with AYS youth to promote the green awareness.

AYP

AYP Cafe Opens its doors



Photo: Rita, our AYP facilitator (on the right) and Tania, youth worker (on the left)

This March AYP is proud to announce a launch of the AYP Cafe.

It opens its doors every Friday 11:30am- 1pm for all AYS youth and staff members.

Every week you have a chance to try a soup and a wrap of the day freshly cooked by AYP members and help our youth to gain experience in food industry and build entrepreneurship skills by supporting the cafe.

There are many exciting plans for this Newly launched program that will help youth with their vocational and life goals. This includes finding a separate space and opening our doors to the public, who want to support the cause.

Stay tuned and we hope to see you there!

AYP PRESENTS The AYP Cafe ACHIEVING DELICIOUSNESS

What: Your Lunch

Where: AYS Boardroom

When: Fridays
11-12:30pm



AYP CAFE Menu ACHIEVING DELICIOUSNESS



Lunchtime Favorites

- Turkey, Pesto & Cheese Panini\$5.00
- Grilled Cheese.....\$4.00
- Chicken Wrap.....\$5.00
- Soup of the Day.....\$3.00

Snack Time



- Keto Chocolate.....\$1.00
- Candy Bar.....\$1.25
- Chips.....\$1.00
- Protein Bars\$2.00



Drinks

- Vitamin Water.....\$2.50
- Coffee.....\$1.50
- Pop.....\$1.50
- Water.....\$1.00

Health and Safety

Drills to be Practices

January	Fire, Overdose
February	Bomb threat, violent or threatening situation, Overdose
March	Natural disaster, Overdose

Tips for handling spring allergies

BC Spring is beautiful, but it's also a key time of year for seasonal allergies. As plants release pollen, millions of people with hay fever start to sniffle and sneeze. There's no cure but you can take steps to curb springtime allergies, from medication to household habits.

- Try to stay indoors whenever the pollen count is very high. The counts usually peak in the mornings.
 - Keep your doors and windows closed during the spring months to keep allergens out. An air purifier may also help.
 - Clean the air filters in your home often. Also, clean bookshelves, vents, and other places where pollen can collect.
 - Wash your hair after going outside, because the allergen can collect there.
 - Vacuum twice a week. Wear a mask, because vacuuming can kick up pollen, mold, and dust that were trapped in your carpet.
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Staff's corner

Staffing Changes

Anahita as New Langley Support Worker

Daveena as New Full time RSW

Taylor as Addictions Support Worker

Chandra as Crisis Supervisor

Jordynn as Resource Coordinator

Natalie as Project Coordinator

February: Amanda



100\$ Gas
Gift Card

Kudos Winners

January: Andra



Free
Pedicure

March: Priscilla



Lululemon
Gift Card

Recipe Time

Emily Mariko's Salmon Rice Bowl

Found and tested by lovely Miss Kylee

Ingredients

for 4 servings

- 3 to 4 oz. cooked salmon, chilled
- 1 1/2 c. cooked rice
- 1 tbsp. water
- 1 tbsp. soy sauce
- 2 tsp. Kewpie mayonnaise
- 2 tsp. Sriracha
- 1/2 avocado, sliced
- 1/4 c. kimchi
- Scallions, thinly sliced for garnish
- Toasted sesame seeds, for garnish
- Seaweed snacks, for serving

Preparation

1. In a microwave safe bowl, add the salmon. Using a fork, flake it until it resembles canned fish. Top the salmon with rice, and sprinkle rice with about 1 tablespoon of water.
2. Cover bowl with parchment or plastic wrap, and microwave until the rice is fluffy and everything is warmed through, about 2 minutes.
3. Remove bowl from the microwave, and discard the parchment/plastic wrap. Add soy sauce, mayonnaise and sriracha. Toss until fully combined.
4. Top bowl with avocado, kimchi, scallions, and sesame seeds. Serve with seaweed snacks.

