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**K I T S I L A N O**

Neighbourhood House

Hi <<First Name>>,

**Youth Movie Night** is back!!! Kitshouse is hosting one of our fun and popular event again on **October 29th**, from **5:00 pm-8:00 pm**. This will be a free event and participants will get a special snack pack attending the event. Please sign up for the movie night by sending an email to **chrisy@kitshouse.org**. **Space is limited.**

Don't forget we will have our monthly **Board Games Night** on **October 15th** from **4:30-7:00 pm**. We will spend the Friday afternoon sharing some of your favorite games.

Thank you for joining the Self-Care for Mental Health Workshop in September. It's so important to take care of our mental health and we are happy to have some of you participate in this workshop. Here are the [resources](#) from the workshop.

As usual, we have the Virtual Youth Drop-in and it will be every **Tuesday**, from **4:30-6:00 pm**. Here is the link.

[https://teams.microsoft.com/join/19%3ameeting\\_MDc0Y2IzMTctYTkyYy00Y2YwLTImMzAtNTMzMzMDJIN2IzYjE3%40thread.v2/0?context=%7b%22Tid%22%3a%22454f3335-21e9-4bba-8a19-89cd9220e466%22%2c%22Oid%22%3a%227e749afe-8df8-43ed-a4ae-48360e6508e0%22%7d](https://teams.microsoft.com/join/19%3ameeting_MDc0Y2IzMTctYTkyYy00Y2YwLTImMzAtNTMzMzMDJIN2IzYjE3%40thread.v2/0?context=%7b%22Tid%22%3a%22454f3335-21e9-4bba-8a19-89cd9220e466%22%2c%22Oid%22%3a%227e749afe-8df8-43ed-a4ae-48360e6508e0%22%7d)

**Please sign up for the special events by sending an email to [chrisy@kitshouse.org](mailto:chrisy@kitshouse.org). Space is limited, please register by October 25th.**

In addition, Mount Pleasant Neighbourhood House will be hosting a free **Living Life to the Full workshop**, every **Tuesday from 4:00 - 5:30 PM (October 19 – December 7, 2021)**. The workshop equips youth 13-24 with the skills they need to face challenges in life.



## Youth Calendar

# OCTOBER 2021



**IN PERSON DROP IN**  
EVERY FRIDAY 4:30PM -  
7PM @ KITS HOUSE

**BOARD GAME NIGHT -**  
FRI OCTOBER 15th

**TUESDAY - VIRTUAL**  
**DROP IN ON TEAMS**

**EVERY TUESDAY**  
**4:30PM-6PM**



**FREE MOVIE NIGHT**  
**@ KITS HOUSE**

**FRI OCTOBER 29TH**  
**5:00pm-8:00pm**

All in person programs follow COVID -19 safety protocols -  
please do not attend if you are feeling unwell

[KITSHOUSE.ORG/YOUTH-DROP-IN](https://KITSHOUSE.ORG/YOUTH-DROP-IN)  
[CHRISY@KITSHOUSE.ORG](mailto:CHRISY@KITSHOUSE.ORG)



# FREE MOVIE NIGHT



AGE 12+

**OCTOBER 29TH -  
FRI 5PM - 8PM**

FOR MORE INFO  
[CHRIRESY@KITSHOUSE.ORG](mailto:CHRIRESY@KITSHOUSE.ORG)



Sadness, stress, and anxiety don't wait for you to be ready.  
Learn the tools to care for your mental health now.  
We welcome all youth from ages 13 - 24.

## LIVING LIFE TO THE FULL: A YOUTH WORKSHOP SERIES

TUESDAYS, OCT 19 - DEC 7 | 4:00 - 5:30 PM  
MOUNT PLEASANT NEIGHBOURHOOD HOUSE

More info at [mpnh.org/preteens-youth](https://mpnh.org/preteens-youth) or find us on  
Instagram [@crystal.mpnh](https://www.instagram.com/crystal.mpnh)



# What to expect?

## CLEANING PROCEDURES:

we will be disinfecting the community hall, seating surfaces, washrooms and common areas before the program.

## PLAN YOUR ARRIVAL:

To achieve the recommended physical distancing, we have reduced capacity. Masks must be worn in the program. We will provide hand sanitizer at the door for you to use when you enter the Hall.

## SYMPTOM-FREE POLICY:

If you experience symptoms of COVID-19, the flu or a cold should not attend the program.

### COVID-19 SYMPTOMS



FEVER



COUGH

SHORTNESS  
OF BREATH

SORE THROAT



HEADACHE



Follow us on Instagram!

## Covid Safety Measures

We will be disinfecting the hall, washroom, seating surface, and equipment before and after the program as well as reducing the capacity to achieve the recommended physical distancing.

[View Youth Program Page](#)

[View all Kits House Programs](#)

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