



Open Door Group presents...

Summer Sessions 2010

Open Door Group is offering a uniquely designed Summer Program for young adults, **ages 16 to 25**, who have experienced a mental illness. **Summer Sessions** provides the opportunity for participants to enjoy fun recreational activities and socialize with their peers.

The weekly events will take place on Tuesday, Wednesday or Thursday. Please see schedule below as times vary. ODG staff will attend and facilitate all outings. The meeting and ending place for each event is at **ODG (Suite 300-30 East 6th Ave, between Ontario and Quebec)**.

The best part...**ALL EVENTS ARE FREE!**

TO REGISTER:

Please complete the attached registration form and Waivers by June 25th, 2010

Participants under the age of 19 must have the registration documents signed by a parent or guardian.

Please return the registration form by fax: 604-876-0775 or mail to:
Summer Sessions 2010,
c/o ODG – Suite 300 – 30 E 6th Ave
Vancouver, BC V5T 4P4

All participants must register in advance.

Please contact us if you are not a current ODG member as you will need to complete the ODG registration forms.

Events

Summer Sessions Kick off Party

Date: Wednesday, June 30th

Time: 12 p.m. to 3:00 p.m.

Where: **Open Door Group** – 300 – 30 E 6th Ave - 2-minute walk from the 99 - Broadway and Main St.

For everyone signed up or thinking of signing up for Summer Sessions! Join us for a fun BBQ lunch at Open Door Group and meet other youth and young adults participating in the summer activities. If you are planning to participate in any of the events it is strongly recommended that you attend our BBQ lunch.



How it works:

This year Summer Sessions takes on a slightly different format. Summer Sessions this year is made up of Paddles Up!, Artist Workshop Series, Urban Recreation Days and drop-in Nintendo Wii/Rock Band. You may sign up for either Paddles Up! OR Artist Workshop Series. Everyone may attend Urban Recreation Days but the Playland/Lazertag days will be on a first come, first serve sign up basis based on attendance at the picnics/BBQ's. Please read on for further important information.

Programs:

Paddles up!

Date: Session 1: Thursdays July 8 – July 29 **OR** Session 2: Thursdays August 5- August 26

Time: 1 p.m. – 5 p.m.

Here's your chance to give kayaking and/or canoeing a try or get back onto the water—no experience required! Join us for 4 weeks of lessons, paddling and splashing around in beautiful Deer Lake Park. Wear comfortable clothing that you don't mind getting wet and bring along a change of clothes and towel for afterwards. We go rain or shine (so bring a jacket if necessary)! Please note: you are eligible to choose either Session 1 or Session 2.

Note: All times indicate when we meet and return to the Open Door Group offices. We will provide snacks and drinks at all events, but eat lunch before you come or **bring a bagged lunch** unless otherwise specified.

Artist Workshop Series:

Date: Session 1 (Digital Photography): Tuesdays July 6 – July 27 **OR** Session 2 (Mask Making): Tuesdays Aug. 3 –Aug. 26

Time: 12:30 p.m. – 2:30 p.m.

Need to exercise your creative muscle or even looking to explore your creative self. ODG is offering Digital Photography and Mask Making!

Digital Photography: Get creative using a camera! Learn different aspects of using a digital camera and learn to take awesome shots through field trips and in-house activities. (No camera or experience necessary!).

Mask Making: Get interactive and get in touch with your creativity by making your own mask. In four weeks you will have an opportunity to make and decorate a mask, cast from your own face.

Urban Rec Days:

Date: Every Wednesday July 7 – August 25

Time: 1:00p.m. – 5:00p.m.

*Looking to get out of the house and meet up with friends for fun urban adventures? Every Wednesday we will be meeting to enjoy either a picnic/ BBQ or an outing to either Playland or Lazertag (see calendar below). Participants looking to attend **Playland** or **Lazertag** **MUST COME TO THE PREVIOUS WEEK'S URBAN REC DAY PICNIC/BBQ TO SIGN UP.** First come first served. Participants can sign up more than one but preference will be given to those who have not had a chance to attend. Space is limited.*

The Urban Rec Days schedule is as follows:

Kits Beach - Picnic/ BBQ's

Date: Wednesday, July 7
 Wednesday, July 21
 Wednesday, August 4
 Wednesday, August 18

Time: 1:00 p.m. – 5 p.m.

*This event is open to all participants of the program! Come and touch base with other people that you have met over the summer as a group for a picnic lunch at the beach. For everyone who is attending any of the summer activities. You do not need to register for this event, but please check if you are interested so we know how much food to buy. If you are interested in participating in the following weeks' event, **you must come and sign up at the picnic or BBQ the week before.***

Playland

Date: Wednesday, July 28 (sign up for this event is on July 21)
 Wednesday, August 25 (sign up for this event is on August 18)

Time: 11:00 a.m. - 4:00 p.m.



Join us for a trip to Playland at the PNE for amusement rides, arcade games and more. Please bring lunch or eat lunch before, a light snack will be provided. Please bring your own extra spending money for food there.

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Laser Tag

Date: Tuesday, July 14 (sign up for this event is on July 7th)
 Tuesday Aug 11 (sign up for this event is on August 4th)

Time: 12:30 p.m. - 4 p.m.

Looking to practice your laser tagging skills? We will be giving it our best go at Planet Laser. Please bring lunch or eat before coming. We will play approximately 3 games so pace yourself!

Note: All times indicate when we meet and return to the Open Door Group offices. We will provide snacks and drinks at all events, but eat lunch before you come or **bring a bagged lunch** unless otherwise specified.

Nintendo Wii/Rock Band Drop-in (Saturdays 1-3 pm):

Looking to find your inner Rock Star or practice your mad MarioKart skillz? Drop-in on Saturdays and join others for some Nintendo Wii/Rock Band good times!

End of Summer Party –BBQ

Date: Tuesday, August 31st
Time: 11:30 a.m. - 3:00 p.m.

Come help us wrap up the Summer Session Program. Come and touch base with other people that you might have met over the summer as a group for a BBQ in the outdoor picnic area. For everyone who attended any of the summer activities. No registration for this party is necessary but please check if you are interested so we know how much to put on the BBQ!



Please remember:

- If you are younger than 19 years old, you must have your registration form signed by a parent or guardian
- Unless otherwise specified, please bring your own lunch/snacks to events
- Note: Participants must be street drug and alcohol-free during outings; smoking is not permitted during outings

The meeting place for all events is at
 Open Door Group located at:

#300-30 East 6th Ave
(between Ontario and Quebec St.)

