

The YRC is Blues Busting

By Rachel Tavares

The weather is frigidly cold, it gets dark around 4:30pm, the holidays are over and sometimes you can barely drag yourself out of bed in the morning. We've all been there, but did you know 2nd Chance Youth Resource Centre is here to help you chase away those winter blues? The 7 Steps to Blues Busting will keep your energy level and your spirits up!

1. **Maintain sleeping patterns:** Aim for 7-8 hours each night, and try to keep your bedtime and waking time consistent.
2. **Beware of junk food and "comfort food":** Limit starchy, fatty, and sweet foods as these are not only devoid of the nutrients your body needs, but they drain your energy and leave you with the "blah" feeling.
3. **Get outside:** Lack of sunlight can cause many people to become depressed. We're not vampires, so get outside and soak up what little sun we have!
4. **Create winter routines:** Take up a winter sport like skating, snowboarding, hockey, or even tobogganing! If you aren't a sports nut, you can also create other routines like taking lessons or attending a weekly club.
5. **Keep active:** Daily exercise relieves stress, provides energy, and helps your mind by releasing those "feel good chemicals" that improve your mood.
6. **Get involved:** It's not uncommon to want to hibernate, but we're not bears anymore than we are vampires! If you plan something exciting, your mood improves while you're anticipating it and when the event actually comes. Also, it will encourage you to discover new interests and avoid loneliness.
7. **Seek help:** Understand that it is normal to get the blues, but if your symptoms include irritability, feelings of emptiness, then you may have something more serious like Seasonal Affective Disorder. It is important to seek help and contact your physician if you think you are experiencing Seasonal Affective Disorder.

**Remember 2nd Chance's 7 Steps to Blues Busting...
get outdoors and make your way to the YRC!**

- ◆ Visit every Tuesday from 3pm until 4:30pm and you can play card/board games or you can just relax on our famous comfy purple couches.
- ◆ Also **get involved** in some of our regular activities. Every Wednesday from 4pm until 6pm is Video Game Night, including a special "Sing Star" night on Wednesday, February 18th.
- ◆ If you enjoy more structured activities, **create winter routines** by joining us from 4pm until 6pm on Thursday evenings for awesome activities—check out the calendar of events on the back for details.
- ◆ So much happening...drop in or call us for more information on how we can help with your job search or things you can do at the YRC!

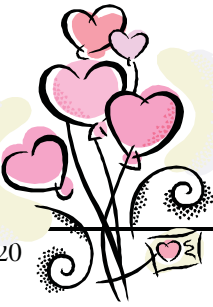
Questions? Suggestions? Call Rachel at 519-823-2818.



A good laugh and a long sleep
 are the best cures in the Dr.'s book.
 Irish Proverb

February 2009 ~ 2nd CHANCE EVENTS

**Questions? Ask any 2nd Chance staff
or call our main office at 519-823-2440**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Youth Job Finding Club @ 10 Norfolk	3	4	5 Popcorn and Movie Night @ YRC 4-6 YWAP @ YRC 2pm	6
9 Youth Job Finding Club @ 10 Norfolk	10 Drop In Activities @ YRC 3-4:30	11 Video Game Night @ YRC 4-6 YWAP/ Keys to Workplace Survival Workshops (Norfolk) 1-3	12 Arts Club—Create your own Valentines @ YRC 4-6 YWAP @ YRC 2pm	13 
16 Offices Closed for Family Day	17 Drop In Activities @ YRC 3-4:30 Ace the Interview Workshop (Norfolk), 1:30-3:30	18 Video Game Night @ YRC 4-6 YWAP/ Keys to Workplace Survival Workshops (Norfolk) 1-3	19 Scavenger Hunt @ YRC 4-6 YWAP @ YRC 2pm	20
23 Youth Job Finding Club @ 10 Norfolk	24 Drop In Activities@ YRC 3-4:30	25 Video Game Night @ YRC 4-6 YWAP/ Keys to Workplace Survival Workshops (Norfolk) 1-3	26 Pizza & Trivia Night @YRC 4-6 YWAP @ YRC 2pm	27

Workshop Descriptions:

YWAP:

Learn how to avoid accidents at work - and what to do if they happen!

Keys to Workplace Survival:

You can survive and succeed in your job! Learn how!

Ace the Interview:

Wow employers by presenting your skills like an expert!

Please call 519-823-2440 for more info on these or other listed events

Where is 2nd Chance?

Downtown Guelph

177 Norfolk St., 519-823-2440

Monday to Friday

8:30 am to 4:30 pm

Youth Resource Centre

Stone Road Mall, 519-823-281

Mon/Tues 9:30 to 4:30

Wed/Thurs 9:30 to 7:00

Friday 12:30 to 4:30

Fergus

160 St. David St., 519-843-5513

Monday to Friday

8:30 am to 4:30 pm

NOTE: Workshops are also held at schools and other organizations in the community. For more information, check www.2ndchance.ca/jobs/events.shtml or give us a call!