

Young Adults



GO Adventure:

♦ *Challenge yourself! Get inspired! Build confidence and self-esteem! This 7 week adventure program will cover many cool teambuilding activities including the low and high ropes course.*

When & Where:

Fridays

3 - 5 PM

Starts Oct. 2nd



Programs



GO Youth :

♦ *Want to try something new and meet other people? Join us to brainstorm and participate in various recreation outings throughout Vancouver.*

When & Where:

Thursdays

3:30 - 5:30 PM

Starts Oct. 1st

Go Gourmet:

♦ *Learn how to create a great meal using healthy ingredients. We will be learning basic nutrition, shopping, budgeting and cooking skills as well as having an awesome time doing it!*

When & Where:

Saturdays

1:00 - 3:00 PM

@ THEO Kitchen

Starts Oct. 3rd

For registration or inquiry:

Pls. contact THEO BC to speak with a Recreation Therapist or to attend an orientation session to learn more about various programs.

Phone: 604-876-0773 • Address: #300 - 30 E. 6th Avenue