



# PoCoMo NewzLetter

The Winter, 2009 Edition

Happy Holidays!



## A Message from the Executive Director

On behalf of PoCoMo Youth Services Society, I extend holiday greetings to all. With 2009 winding down, 2010 brings more amazing possibilities for PoCoMo, our partners, those we serve, and our communities.

In these tough economic times impacting so many organizations and individuals, PoCoMo has successfully been able to continue to offer the high standard of support and service to youth that we have always provided. This has been possible due to the amazing resilience and dedication of the PoCoMo board, staff, volunteers and our relationships with key funders and community partners. We are proud that we have come such a long way in a short time. Many exciting things have happened in 2009, so please read through our newsletter.

Surprisingly, the past year has been one of growth for PoCoMo. Our award-winning program Project Reach Out has expanded, and we have developed four new additional programs to compliment Project Reach Out. Two school programs, and two after-school programs (see descriptions below). Combined, these programs generated over 6000 contacts with children and youth throughout the Tri-Cities. Project Reach Out accounted for over 5000 of those contacts with youth on the street after-hours.

Recently, PoCoMo was nominated along with two other organizations for non-profit of the year through the Tri-City Chamber of Commerce Business Excellence Awards. The winner will be announced at the Chamber Gala, January 15<sup>th</sup> held at the Red Robinson Theatre. No matter the outcome, we are proud to have been recognized for the work we are doing in the community, along with the other nominees.

Further, our many collaborative community partnerships have been significant to our effectiveness and success. Partners like MCFD, RCMP, SD 43, PoCo Youth Services, Society for Community Development, and the many individuals that have shared our vision and mandate.

We are excited moving forward into 2010 with new ideas, energy, passion, commitment, and our vision that "No youth is left behind." I am proud to be associated with PoCoMo in the role that I hold. Proud of the team that does the hard work from 7 pm to midnight every weekend. Proud of the board and volunteers that recognized a need, supported a vision and work hard to make it happen. And, VERY proud of the many young people that face adversity every day with resilience, courage, and spirit undaunted.

Please join us for our 2010 AGM held March 4, 7:00 pm at the PoCo Inn & Suites, featuring guest speaker Brock Tully ([www.brocktully.com](http://www.brocktully.com)). Come celebrate with us, hear our successes and join in our growth. THANK YOU all for your support over the years. Know you have impacted many young people's lives in such a positive way. TOGETHER WE DO MAKE A DIFFERENCE in the lives of young people and we are part of the solution.

Sincerely,

A handwritten signature in blue ink, appearing to read "JB".

Jerome Bouvier, M. A.

Executive Director

# WHAT'S NEW WITH POCOMO

## Unwrapped Event Raises Over \$1,100 for PoCoMo

Thank you to everyone who supported PoCoMo by purchasing tickets to the Unwrapped Event held at the Coquitlam Centre Mall on November 24<sup>th</sup>. Through the help of our fantastic ticket sellers, PoCoMo was able to raise \$1,160!



## And the Award Goes To...



We are thrilled to announce that PoCoMo has been named one of the three finalists for Not for Profit of the Year by the Tri-Cities Chamber of Commerce. It is a great honour to be nominated and we would be thrilled to take home the top prize, but we have to wait until the Business Excellence Awards Gala on January 15<sup>th</sup> to hear the winner. The other nominees are the Rotary Club of Port Moody and Simon Fraser Society for Community Living. Keep your fingers crossed for PoCoMo!

## Get Your Shopping Done While Supporting PoCoMo

Looking for a gift for that difficult person to buy for? The owner/operator of Anything on a Clock, Keven McTaggart, has graciously offered to donate \$10 from every sale brought in through PoCoMo to our organization. The product is just what it sounds like. You can purchase a custom clock with any photo or graphic of your choice featured on it. There is even a special edition PoCoMo clock that you can view by going to...



[http://www.buyanythingonaclock.com/pocomo\\_youth\\_services.html](http://www.buyanythingonaclock.com/pocomo_youth_services.html)

If this sounds like something you would be interested in please get in touch with Keven by emailing [info@anythingonaclock.ca](mailto:info@anythingonaclock.ca) or by calling (604) 318-8839.



## Coquitlam Grill Sponsors PoCoMo Staff Christmas Party

We would like to give a big shout-out to Michael Kim at The Coquitlam Grill for graciously offering to sponsor our staff Christmas Party on December 29<sup>th</sup>. All of us are really looking forward to coming together to share some Christmas cheer at The Coquitlam Grill!

## PoCoMo Drug and Homeless Survey Results Are In

In August and September of this year, PoCoMo began the process of surveying over 100 youth in the Tri-Cities area about drug use and homelessness. We are pleased to announce that the results are now in and we will be sharing them with our community partners in the new year.

## New Faces at PoCoMo

We've had a number of new people join the PoCoMo team in the past couple of months. We would like to welcome all the new staff and volunteers! Please meet a few of them...



Anita Smith – Admin. Asst.

We now have a part time Administrative Assistant, Anita, working in the office for 15 hours per week. Anita is helping to streamline things in the office to ensure that PoCoMo is as organized and efficient as possible.



Kathy Tsonis – One of Two New Board Members

We've also added two new smiling faces to our board. Kathy Tsonis and Wendy Heinrichs of RBC stepped onto the PoCoMo board in October and we are thrilled to have them join our dedicated, hard working group!

# POCOMO PROGRAM UPDATES

## Youth Action Team

On October 24<sup>th</sup>, David Doucette and the Youth Action Team (YAT) made the Coquitlam Centre and the community at large a better place with Good Gesture Day. The concept for Good Gesture day was a simple one; the Youth Action Team would perform random acts of kindness (high fives, handshakes and smiles) for people they encountered throughout the day. The event was a great success and even resulted in an article on the front page of The Now newspaper. For more information on the YAT, you can email David at [davidd@pocomo.org](mailto:davidd@pocomo.org).



## Two New School Programs – Street Wise and I Am The Change

Both of these programs are facilitated by Project Reach Out Outreach workers and Peer workers. Thank you to the Westminster Savings Foundation for supporting these programs!

### I Am the Change (Grades 6 to 10)

The “I Am the Change” program was piloted in Banting Middle school in 2008 and was a huge success. The program explores strategies for personal change, school change, and community change. To LOOK at what’s going on within our lives and around us, THINK of positive actions for change, and ACT as a living example of the change that is possible. Currently the program is running in two middle schools and is available for two more sessions in 2010.

### Street Wise

The Street Wise program is a new and innovative program influenced by what is experienced and witnessed through Project Reach Out. An improvisational-based program beginning January, 2010, street scenarios are acted out and presented to classes and students are given the opportunity to participate in exploring various ways of reacting to situations they may encounter.

For more information on Street Wise, check out the article featured in The Now News on November 27<sup>th</sup> where Jerome outlines the goals of the program and the need within the community.

<http://www2.canada.com/coquitlamnow/news/story.html?id=4fc13209-b829-4d7d-b715-4e710ff8b38f>



## Project Reach-Out

Over the past two years we have noticed a significant increase of youth on the street after-hours. The contacts Project Reach Out has had jumped from 4600 in 2008 to 5600 in 2009. The average age of the youth we meet is 13 years of age. Due to this alarming trend, PoCoMo has worked hard and creatively at offering more hours to meet the demand, providing two buses on Friday nights, and two buses every second Saturday night, with extra nights in

support of specific community events. We also see youth coming from cities like Langley, Mission, Maple Ridge, Surrey, and New Westminster just to experience the bus. We receive calls on the weekends for youth asking us to come to where they are. Of course with the demand comes the challenges of providing the support and services that the youth ask for and want from us. Again, the staff responds with the assets we have at our disposal.

## The ACRiX Program

Thanks to the generous support and partnership of Club AVIVA, Gymnastics BC, the hard work of Dale Bryant, and the recent funding by the Chris Spencer Foundation, PoCoMo will continue to provide ACRiX as a valued after-school program. This ACRiX Program (Applied Circus: Radically Extreme) is for “at risk” youth in the Tri-Cities ages 9-16 providing fun and physical challenges to youth who would not usually access traditional sports. Participants learn juggling, acrobatics, group pyramids, balancing, trampolining and performing along with other circus skills. Also, participants learn social skills, team building, build self-esteem, self-confidence and have fun. ACRiX has touched and transformed the lives of many young people. Next session begins January 10, 2010 and runs until March 21, 2010 (10 Sunday afternoons). Contact Dale Bryant at 604-944-0669 or call PoCoMo’s office for more information.



## DATES TO MARK ON YOUR CALENDAR

March 4, 2010 AGM @ 7:00 pm @ PoCo Inn and Suites

July 16 to 18, 2010 PoCoMo Wheelchair Tennis Classic

## WANT TO GET INVOLVED?

### Make a Donation Through Canada Helps!

PoCoMo greatly depends on the generosity and support of individuals to run our award winning programs. If you are interested in making a donation to PoCoMo please visit [www.canadahelps.org](http://www.canadahelps.org). It is a safe and secure site that allows you to make a one time or monthly donation to PoCoMo and every dollar you donate, really does make a difference.



### Volunteer, Every Hour You Give Helps Youth in Our Community!



We are always looking for volunteers, and right now we are looking for a Volunteer, Volunteer Coordinator. In this position we would ask that you assist with organizing a database of volunteers, respond to volunteer applications, ensure that all the necessary paperwork is completed by the applicants, track and log volunteer hours and contact volunteers when a volunteer opportunity arises within our organization that matches their interests. If you or someone you know is interested in this position or **other** volunteer opportunities with PoCoMo, please email [admin@pocomo.org](mailto:admin@pocomo.org) or call 604.525.1888.

## A BIG THANK YOU TO OUR 2009 SPONSORS & SUPPORTERS

PoCoMo has been in a very unique position over the last five years. We have provided support and services to youth in our community without any ongoing funding. We have relied on the generous support of grants, community, businesses, and private donations. Yet, we have successfully maintained our level of service, due to the amazing generosity of some core funders such as BC Social Venture Partners, Vancouver Foundation, Westminster Foundation, City of Coquitlam, Coast Capital, Chris Spencer Foundation, Coquitlam Foundation, John Mitchell Hardie Foundation, local businesses and many others. With their belief in what we do, and recognizing the significant impact on those we serve, PoCoMo has been able to impact thousands of young people with their help. We extend a heart felt THANK YOU on behalf of the youth and families for your generous support.

#### GOLD SPONSORS:

BC Social Ventures Partners  
City of Coquitlam-Capital Fund  
Coast Capital Savings  
Vancouver Foundation  
Westminster Foundation

#### SILVER SPONSORS:

Chris Spencer Foundation  
G & F Financial  
John Mitchell Hardie Foundation  
Ministry of Children and Family Development  
Ministry of Public Safety and Solicitor General  
TD Bank Foundation

#### BRONZE SPONSORS:

Coquitlam Foundation  
Coquitlam Fire Department  
Diskin Photography  
Petro-Canada  
PoCo Inn & Suites  
Scotiabank  
Sunrise Coquitlam Rotary

#### FRIENDS of PoCoMo:

Anything on a Clock  
Artrageous Screen Printing  
BC Wheelchair Sports  
City of Coquitlam  
City of Port Coquitlam  
City of Port Moody  
Club Aviva  
Coquitlam RCMP  
Coquitlam Grill  
Coquitlam Parks & Recreation  
Coquitlam Tennis Club  
Ernie "Punch" McLean  
Go West RV Centre  
Maple Leaf Self Storage  
Port Moody Parks and Recreation  
Port Coquitlam Youth Services  
Purified Water Store-Water to go(Port Moody)  
RP Diagnostic Service Centre (Port Coquitam)  
Starbucks (Coquitlam Centre)  
Tennis Canada  
Tri Counselling Services



Fernwood Lodge, 2601 Lougheed Highway, Coquitlam V3C 4J2

Please visit [www.pocomo.org](http://www.pocomo.org) for more information on how to get involved!

We're on Facebook too! We'd love to have you become a fan!