

-Youth Unit-

Interest Class: HENNACRAFT

YYU-P-14003-CMC



Henna + Handicraft
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HENNACRAFT



Content:

- ★ Professional Henna Art Skills Training
- ★ Creating Your Own Special Artwork
(at least 1 artwork per session!)

Date: 20, 27 September;
4, 11 October
(Every Saturday)

Time: 3pm-4:30pm

Venue: HOME Centre (YTM)

Quota: 10 EM youths



Contact: 3610 4418 (Miss Mimi Chin or Miss Maaryah) Fax:: 3590 4642

E-mail: mimichin@nhahome.hk

Address: Shop B, G/F and 1/F, Sun Wah Building, 73 Battery Street, Yau Ma Tei, Kowloon

-Youth Unit-

Sports Training: Youth Bouldering Course

YYU-P-14004-CMC

Content

- ★ What is bouldering and how to bouldering
- ★ Warm up and cool down exercises
- ★ Body Balance
- ★ Flexibility and Stretching
- ★ Usage of climbing shoes
- ★ Overhang Wall Technique
- ★ Endurance Training
- ★ Upper Body Strength
- ★ Lower Body Strength
- ★ Power Training
- ★ System Training Plan
- ★ Footwork Placement

Details

Date: 4, 11, 18, 25 October; 1 November
(Every Saturday)

Meeting Time and Place: 11am @ HOME Centre

Training Time: 12nn-2pm

Training Site: JUST CLIMB@ San Po Kong

Quota: 15 EM youths



** Full attendance is required. * Transportation fee will be 100% subsidized.
* There is a sharing session on 1/11 2:30pm-4pm. * Dress Code: Sports Wear
* For those who are interested, please fill in the registration form in reception. Then an interview will be arranged with you to determine if your application is successful or not.*

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E-mail: mimichin@nhahome.hk

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Youth Unit in HOME Centre (YTM)

Main Service Target:
Ethnic Minority Youths

What can you find in the Youth Unit???

- ✓ Tailor-made programmes and activities to realize your potential and aspirations
- ✓ Direction to healthy lifestyles and spend your leisure time constructively by exploring the interests and hobbies
- ✓ Learning to overcome the difficulties and problems
- ✓ Guidance and support and referrals for those with welfare and special counseling needs to government departments or non-profit-making organizations as appropriate
- ✓ Building up network with local and other youths

Gathering Places with Your Friends:

- ★ Youth Zone (A wide range of electronic games and board games)



- ★ Relax Corner (Secure place for a rest or a chat)

RELAX

Programs / Services:

- ★ Cantonese Learning Development Course
- ★ Mobile Youth Unit of HOME Centre
 - ★ Adventure Training
 - ★ Sports Training
- ★ Teenage Mutual Support Group
 - ★ Interest Class
- ★ Youth Volunteer Training Program
 - ★ Youth Exploration Tour
 - ★ Career Workshop
 - ★ Career Tour



Free-Of-Charge

中文

Contact : 3610 4418 (Miss Mimi Chin, Programme Officer)

Fax : 3590 4752

E-mail : mimichin@nhahome.hk

Address : Shop B, G/F and 1/F, Sun Wah Building, 73 Battery Street, Yau Ma Tei, Kowloon (HOME Centre YTM)

*Welcome to contact our
Staff for more details!*



HOME Centre
Support Services for Ethnic Minorities
Sponsored by Home Affairs Department of the Government of the Hong Kong Special Administrative Region

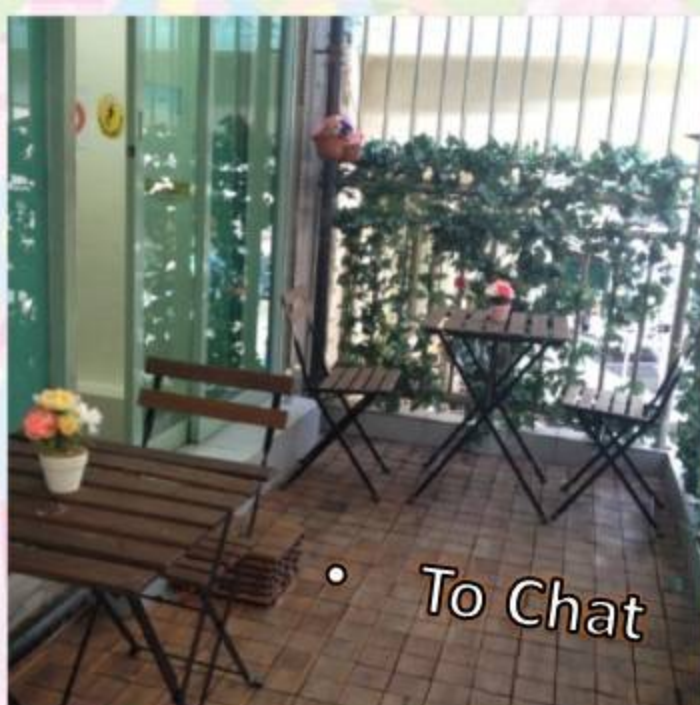
-Youth Unit-

RELAX CORNER

*Please **REGISTER**
in reception
before entering
the Relax Corner*

**Rule for Children below
10 year-old:**

- * **MUST** be accompanied
by a youth or an adult to
enter the relax corner
- * **NO ENTRY** after 5pm



• To Chat



• To Relax





YOUTH CORNER

AUGUST



EVERY TUESDAY & Thursday: 6:30pm-8:00pm

Target: Em youths

Venue: Home Centre(SSP)

Contact : 36 104428 (Mr. Apollo/Ms.Rummy)



SEPTEMBER

Every Monday : 6:30pm-8:00pm

Every Saturday: 3:30pm-5:00pm

Target : Em Youths

Venue :Home Centre(SSP)

Contact : 36 104428 (Mr. Apollo/Ms.Rummy)

Address: G/F Shop A , South Ocean Building. 130 Kiu Kiang Street , Sham Shui Po, Kowloon

Tel: 36104428

Fax: 35904643

Website <http://nhahome.hk/>

