



You're Heard Here!
Youth Quake
NEWSLETTER

f **YOUTHQUAKE
ACCESS CENTER**

@ **YOUTHQUAKE_AC**

www **YOUTHQUAKE.NET**

**MAY
2026**

40 Church st. Lowell MA 01852



Quake STAFF AND CONTACTS



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FIND US ONLINE:

YOUTHQUAKE ACCESS
CENTER

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**MAY 6TH: PEER
SUPPORT GROUP**

**A MONTHLY GROUP
FOR PEERS, BY PEERS**



**MAY 8TH: THE
END ZONE**

**ALL THINGS SPORTS,
FITNESS, HEALTH AND
MORE**



**MAY 12TH:
YOUTH COUNCIL**

YOUTH COUNCIL DISCUSSES THINGS LIKE HOW TO IMPROVE THE CENTER, FUTURE ACTIVITIES, AND POLICIES AFFECTING YOUNG ADULTS.



**MAY 22ND:
ARTS DAY**

**DIAMOND ART AND
SUNCATCHERS**



MAY 28TH: YOUTH FESTIVAL

OVER 20 MENTAL HEALTH PROVIDERS CAME TOGETHER AND HAD A WONDERFUL TIME AT THE YOUTH FESTIVAL!



UPCOMING EVENTS

40 CHURCH STREET, LOWELL, MA 01852

PEER SUPPORT GROUP

WED 6/3
3-4 PM

QUESTIONS?
CALL OR TEXT:
JOHN: 857-972-2934
CATIE: 857-262-3421

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Mon 6/8 12-1 pm

MILL CITY GROWS

Sign up below for your chance to tour Mill City Grows, a Lowell-based food justice non-profit (limit 10 people)

40 Church Street, Lowell, MA 01852

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Youth Council

We need your input! Come discuss things like how to improve the center space, future activities, and policies affecting you.

TUES 6/9 4-4:30 PM

QUESTIONS?
CALL OR TEXT:
JOHN: 857-972-2934
CATIE: 857-262-3421

40 Church Street, Lowell, MA 01852

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40 CHURCH STREET, LOWELL, MA 01852

Financial Wellness

Part I WED 6/17 1-2 PM

Part II WED 6/24 1-2 PM

JOIN US AND LEARN ABOUT FINANCIAL WELLNESS FROM OUR FRIENDS AT JEANNE D'ARC CREDIT UNION

40 CHURCH STREET, LOWELL, MA 01852

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40 CHURCH STREET, LOWELL, MA 01852

THE END ZONE

FRI 6/19 1-3 PM

WISSEBERRY CALL THE POLICE
TUES: 857-972-2934
JOHN: 857-972-2934

ALL THINGS SPORTS, FITNESS, HEALTH AND MORE

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40 CHURCH STREET, LOWELL, MA 01852

PRIDE PARTY

COME TO YOUTHQUAKE TO CELEBRATE QUEER PRIDE!

- CUPCAKES
- QUEER TRIVIA
- ART
- PRIDE FLAGS
- AND MORE!

JUNE 23RD 1-4 PM

AT YOUTHQUAKE
40 CHURCH ST
3RD FLOOR
LOWELL, MA 01852

PLEASE SIGN UP BEFORE 6/18

QUESTIONS?
CALL OR TEXT:
JOHN: 857-972-2934
CATIE: 857-262-3421

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40 CHURCH STREET, LOWELL, MA 01852

SYAC

Statewide Young Adult Council

Information Session

SYAC brings together youth and young adults to advise the Department of Mental Health and other organizations serving young adults.

Thurs 6/25 1-2 pm

QUESTIONS?
CALL OR TEXT:
JOHN: 857-972-2934
CATIE: 857-262-3421

Join us for an information session to learn more about how you can participate!

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40 Church Street, Lowell, MA 01852

SUPERGIRL (2026)

AT AMC TYNGSBORO

MON 6/29 TIME: TBD

QUESTIONS?
CALL OR TEXT:
JOHN: 857-972-2934

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JUNE 20-26

YOUTH QUAKE HOURS
MON: NO DROP-IN
TUES: 12 PM TO 7 PM
WED: 11 AM TO 5 PM
THURS: 11 AM TO 5 PM
FRI: 11 AM TO 5 PM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

PEER SUPPORT
3-4 PM

8

9

10

11

12

MILL CITY
GROWS TOUR
12-1 PM

YOUTH
COUNCIL
4-4:30 PM

15

16

17

18

19

FINANCIAL
WELLNESS
1-2 PM

THE END ZONE
1-3 PM

22

23

24

25

26

PRIDE PARTY
1-4 PM

FINANCIAL
WELLNESS II
1-2 PM

SYAC MEETING
1-2 PM

29

30

SUPERGIRL AT
AMC
TBD



40 CHURCH STREET, LOWELL, MA 01852

Vinfen
Transforming Lives Together

You're Heard Here!



Quake

LIST OF EVENTS



SCAN HERE
TO SEE AND
SIGN UP FOR
ANY YOUTH
QUAKE
EVENT

40 CHURCH STREET, LOWELL, MA 01852