



Mount Pleasant Neighbourhood House

800 East Broadway • Vancouver BC, Canada • V5T 1Y1

Phone: 604.879.8208 • Fax: 604.879.4136 • info@mpnh.org • www.mpnh.org

April 28, 2023

Dear Parents/Guardians,

We are very excited to inform you that the Youth Sleepover event is coming up May 12, 2023!

See the attachment for their contact information, in case you need to reach us during the event.

If you require further information, please do not hesitate to contact me. I can be reached at 236-756-0024. Please fill out the form below to ensure you have given your child permission to attend the Sleepover at Mount Pleasant Neighbourhood House.

We are super excited!

Ronja Flügge
Youth Services Coordinator

I give permission for my child (name) _____, to attend the MPNH Youth Sleepover on May 12-13, 2023. I /We agree that my child will follow all reasonable instructions and directions of the leaders and instructors duly appointed by Association of Neighbourhood Houses (ANH) in connection with the operation of the Mount Pleasant Neighbourhood House program as described in the program guide. I am aware of and now freely accept and assume responsibility for all risks to the child in connection with their participation in the activity. I provide my informed consent and permission and hereby release, remise and forever discharge Mount Pleasant Neighbourhood House and ANH, its agents or volunteers, of and from all manner of actions, cause of action, claims and demands of whatever nature which result from any injury, loss or expense sustained, arising out of or in any way connected with participation in any program or attendance at any location operated by ANH. In the event that our child is injured, ill or in need of medical attention, and I am unable to be contacted, I authorize ANH staff to seek medical attention on my behalf.

Parent Signature

Youth Signature

Date

MPNH Sleepover

May 12-13, 2023

Event details:

Friday May 12th, 5:00pm – Saturday May 13th at 9am

Address:

800 East Broadway
Vancouver, BC V5T 1Y1

Contact information during the event:

Ronja Flügge
Phone: 236-756-0024
Email: rflugge@mpnh.org

Shayan Abbaszadeh
Phone: 236-858-8763
Email: sabbaszadeh@mpnh.org

Danielle Verzosa
Phone: 604-879-8208 Ext 301
Email: dverzosa@mpnh.org

Ian Ditchburn
Phone: 604-879-8208 Ext. 303
Email: iditchburn@mpnh.org

What to bring:

<ul style="list-style-type: none"><input type="checkbox"/> Sleeping Bag<input type="checkbox"/> Sleeping Pad / Mattress<input type="checkbox"/> Pillow<input type="checkbox"/> Toiletries<ul style="list-style-type: none">o Toothbrusho Toothpasteo Face washo Deodoranto Contact lens solution	<ul style="list-style-type: none"><input type="checkbox"/> Blanket (optional)<input type="checkbox"/> Extra clothes<ul style="list-style-type: none">o Pajamaso Underwearo Sockso Set of clothes / comfy outfito Slippers (optional)<input type="checkbox"/> Medicine / inhaler / retainer<input type="checkbox"/> Cellphone & cellphone charger
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What NOT to bring:

<ul style="list-style-type: none"><input type="checkbox"/> Knives and other sharp objects<input type="checkbox"/> Cigarettes / vapes<input type="checkbox"/> Drugs<input type="checkbox"/> Lighter	<ul style="list-style-type: none"><input type="checkbox"/> Liquor / alcoholic beverage<input type="checkbox"/> Food<input type="checkbox"/> Valuables (e.g. expensive things)<input type="checkbox"/> Pet or any kind of animals
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