

## News Release

FOR IMMEDIATE RELEASE



April 14, 2026

### **CVRD and Community Partners Launch 15 Free Events for BC Youth Week**

**DUNCAN, BC** — The Cowichan Valley Regional District's (CVRD) Rec Cowichan and Cowichan Performing Arts Centre (CPAC), in partnership with the Vancouver Island Regional Library and Cowichan Valley Arts Council, invite youth aged 12 to 18 to celebrate BC Youth Week with 15 free events across the region from May 1 to 7, 2026.

"BC Youth Week is a powerful reminder of how important it is to create welcoming, inclusive spaces where young people can connect, express themselves, and have fun," said Neil Pukesh, General Manager of CVRD's Community Services. "This week-long celebration brings youth together across our community and highlights the incredible energy and creativity they bring to our CVRD community and recreation centres."

This annual event is a province-wide celebration that offers much-needed opportunities for youth to get together and hang out, try something new, and feel like community spaces are their own.

Kicking off the festivities, CPAC hosts *Soundcheck '26* on Friday, May 1, at 7:00 pm. This youth-led variety show is the culmination of months of work from the CPAC Youth Committee, a group of students from Quw'utsun Secondary School who recruited the performers and co-designed the marketing. Under mentorship of CPAC's professional tech team, the Youth Committee will also helm the lights, sound, and stage production for this showcase of talent.

With plenty of sports, game nights, and art hangouts, teens who might feel that there is "nothing to do around here" will enjoy a pleasant surprise! Check out all the BC Youth Week events:

#### **Arts & Culture:**

**May 1:** Be Creative: Art Party at Kerry Park Recreation Centre

**May 1:** Youth Art & Chill Café at Cowichan Valley Arts Council

**May 1:** *Soundcheck '26*: A Youth Variety Show at Cowichan Performing Arts Centre

**May 3:** Youth Art Show at Shawnigan Lake Community Centre

**May 4:** Open Hearts Public Art Project at Kerry Park Recreation Centre

**May 6:** Art, Sip & Chill at Cowichan Lake Sports Arena

#### **Sports & Recreation:**

**May 1:** Fitness Centre Orientations & Admissions at Cowichan Lake Sports Arena

**May 1 & 5:** Youth Drop-In Sports at Cowichan Community Centre

**May 2:** Youth Only Skate at Cowichan Lake Sports Arena

**May 3:** Bowling & Open Gym at Youbou Community Bowling Alley

**May 7:** Pickleball Party at South Cowichan Pickleball Courts

#### **Special Events:**

**May 2:** Escape Room at Cowichan Regional Library Branch

**May 5:** Board Game Café & Snacks at Cowichan Lake Sports Arena

**May 6:** BBQ Lunch for Quw'utsun Secondary School students

**May 6:** BBQ Lunch at Mill Bay Hall for Frances Kelsey Secondary students

Full descriptions of the events can be found in the *CVRD Spring & Summer Recreation Guide*. Pick up your copy at any of the CVRD recreation centres or visit [www.reccowichan.ca](http://www.reccowichan.ca) for more details.

Reserve your free tickets for the *Soundcheck '26* concert at CPAC's website at [www.cowichanpac.ca](http://www.cowichanpac.ca).

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*For more information on the Soundcheck '26 event, please contact:*

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