

Empowering Youth & Young Adults within the Malvern Community

Our Youth Centre

The focus of our youth/young adult programs is to connect early, mid and late adolescent youth (ages 10-24) and their families to the community, enhancing their understanding of diversity, encouraging empathy, and equipping them with the skills to prepare them for the future.

Youth/Young Adults are engaged in activities that allow them to work collaboratively, to enrich the community and their individual lives through recreation programs, life skills, social, academic and leadership opportunities.

Programs & Services:

- Leadership Development
- Emotional Regulation
- Recreation, Sports & Fitness
- Life & Social Skills Development
- Academic Support
- Health & Wellness
- Cooking & Arts Programs
- Youth Outreach Workers for information and referrals
- Free Individual Youth & Family Counselling
- Trips & Special Events

Locations:

90 Littles Road
Scarborough, ON M1B 5E2
Tel: 416.284.4184

Satellite Program Locations:

- Toronto Community Housing-Mornelle Court
- Lester B. Pearson C.I.
- Saint Mother Teresa Academy
- Lucy Maud Montgomery P.S.
- Heritage Park P.S.
- Fleming P.S.
- Grey Owl P.S.
- Alexander Stirling P.S.
- Dr. Marion Hillard Senior P.S.
- St. Bede Catholic School

For more information about satellite programs, please contact Fiona/Derry



1321 Neilson Road
Scarborough, ON M1B 3C2
Tel: 416.281.1376



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Spring 2018

What's Happening

YOUTH CENTRE

Specialized Youth Services:

Individual Youth & Family Support Counselling:

Free confidential counselling services aim to provide support to individual youth & families.

Please call for more information.

Elise Yoon M.S.W.,
Youth & Family Support Counsellor
(416) 284-4184 ext. 227

Youth Outreach Worker

Youth Outreach Workers assist youth and their families to access services & support, such as referrals, resources for education, housing or employment.

By appointment,
offered on Monday to Friday

Contact:

Morgan 416-284-4184 ext.214
Niyasan 416-284-4184 ext.215

P.A. Day Trips

Join us for fun trips on your day off on
Friday June 8th, 2018

- Please call for more information -

Connected Parents Service: Tamil Parent Education Program

Parent/guardian workshops to enhance life skills to build resiliency and strengthen your family. Learn about safety, education, violence prevention, substance abuse, relationships and more

One Saturday Every Month

April 14th and May 5th

11:00 a.m. - 1:00 p.m. | 1321 Neilson Rd

Be a Volunteer!

Get involved in the community.

Volunteer as a:

- Guest Chef to cook during programs
- Guest Artist to assist with our arts program
- Life coach in Choices
- Malvern Youth Cabinet Member
- Recreation Assistant
- Special Needs 1-to-1 Support Assistant

Contact

416-284-4184 ext. 205
volunteer@mfrcc.org

MFRC CLOSURES

March 30 - April 2nd - Easter Weekend
May 21st - Victoria Day
June 30th - July 2nd - Canada Day

For program information, contact:

Fiona at 416-284-4184 ext.244 or
Derry at 416-284-4184 ext.211



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Creative Expression: Youth Art 12-17 years 3:00 p.m. - 5:00 p.m. A multifaceted art program to explore rap/song writing, visual arts, DJ skills, production, drama & digital media. Discover basic business and networking skills to turn your passion into a career. 1321 Neilson Road (lower level)</p> <p>*Malvern Tween Basketball League 10-13 years 5:00 p.m. - 7:00 p.m. Participate in fun drills & scrimmages to improve your basketball skills Registration & program fee Applies. 90 Littles Road (GYM)</p> <p>Post High Hoops 19-24 years 7:00 p.m. - 10:00 p.m. Connect with other youth through fun & competitive basketball games. 90 Littles Road (GYM)</p>	<p>KICK (Keeping It Cool Kids) 12-14 years 3:30 p.m. - 5:00 p.m. Group interactive activities that develop life and leadership skills, healthy coping strategies, and conflict resolution skills. 90 Littles Road</p> <p>Youth Drop-In 12 years & up 3:00 p.m. - 5:00 p.m. Need a safe space to hang after school? Enjoy games, snacks, and free WiFi. 1321 Neilson Road</p> <p>Tween Soccer Drillz 10-12 years 3:30 p.m. - 5:30 p.m. Develop team work through soccer drills, skill development & games. 90 Littles Road (GYM)</p> <p>Multi-Sport Drop-In 14-18 years 6:00 p.m. - 8:00p.m. Participate in fun activities, build fitness, team spirit and enjoy fair play. Saint Mother Teresa 40 Sewells Road</p>	<p>Real Talk: Tomorrow's Leaders 14 years & up 3:00 p.m. - 5:00 p.m. Gain valuable leadership skills through discussions, workshops and peer support. 1321 Neilson Road (lower level)</p> <p>Girls in Action 14-17 years 3:30 p.m. - 5:00 p.m. Learn how to empower yourself & share experiences with other young women through interactive discussions, leadership activities, & self-confidence building Workshops. 1321 Neilson Road (lower level)</p> <p>Choices 12-17 years 5:00 p.m. - 7:00 p.m. Assists youth to focus on life and social skills, self-confidence, making healthy and informed choices. 1321 Neilson Road (lower level)</p>	<p>Malvern Youth Cabinet 14 years & up 3:00 p.m. - 5:00 p.m. Are you interested in making a change in your community? Help create a positive image of the Malvern community by making a difference through youth-led community projects & events. Earn volunteer hours here! 1321 Neilson Road (lower level)</p> <p>Empowered YOUTH 16 years & up 4:00 p.m. - 6:00 p.m. Receive assistance with developing work skills, self-confidence, and financial literacy skills. 1321 Neilson Road (lower level)</p> <p>Girls Only Recreation 10 years & up 3:30 p.m.- 5:00 p.m. Get active through multi recreation activities and sports. 90 Littles Road (GYM)</p> <p>Kickin' it Soccer Drillz (Youth) 13 years & up 5:00 p.m. - 7:00 p.m. Develop team work through soccer drills, skill development & games. 90 Littles Road (GYM)</p>	<p>42 Rides Steering Committee 12 years & up 4:00 p.m. – 5:30 p.m. Do you have a passion for action sports?– Join your peers to participate in the community and sport training opportunities. Earn volunteer hours here! 1321 Neilson Road (lower level)</p> <p>*Malvern Youth Basketball League 14-17 years 6:00 p.m. - 9:00 p.m. Showcase your talents while developing and mastering new basketball skills. Lester B. Pearson Collegiate Institute 150 Tapscott Road</p>
<p><i>*Programs marked with an asterisk require additional registration and/or program fees. Please call 416-284-4184 ext. 244/211 to register or for more information about youth programs Program Fees: Annual Youth Registration: \$2 Annual Agency Membership: \$5</i></p>				