



Spring 2017

What's Happening .....

# YOUTH CENTRE

## Empowering Youth & Young Adults within the Malvern Community

### Our Youth Centre

The focus of our youth programs is to connect early, mid and late adolescent youth (ages 10-24) to the community, enhancing their understanding of diversity, encouraging empathy, and arming them with the skills to prepare them for the future. Youth are engaged in activities that allow them to work collaboratively, to enrich the community and their individual lives. The centre also provides recreation programs, life skills, social, academic and leadership opportunities.

### Programs & Services:

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

### Satellite Program Locations:

- Fleming Public School
- Saint Mother Teresa Academy
- Lester B. Pearson Collegiate Institute
- Toronto Community Housing Corporation
- St. Barnabas Elementary School
- St. Florence Catholic School
- Alvin Curling Public School
- White Haven Jr. Public School
- Lucy Maud Montgomery Public School

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

### Locations:

90 Little's Road  
Scarborough, ON M1B 5E2  
Tel: 416.284.4184  
Fax: 416.293.1997  
Web: www.mfrc.org

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



### Specialized Youth Services:

#### Individual Youth & Family Support Counselling:

Free confidential counselling services aim to provide support to individual youth & families. By appointment, offered on Monday to Friday

Contact: Anushka

Youth & Family Support Counsellor  
416-284-4184 ext.212

#### Youth Outreach Worker

Youth Outreach Worker assists 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

#### Free up Fridays

Off site trips, sports, fitness, gaming, movies, cooking, art, workshops & much more.

13-18 years | April 21, May 19 & June 23  
3 pm - 6 pm | 1321 Neilson Road

Contact: Mike at 416-284-4184 ext.248

### Connect Parents Services:

#### Parent & Guardian Link

Parent/guardian workshops to enhance life skills to build resiliency & strengthen your family.

May 29 & June 26

6:00 pm - 7:30pm | 90 Little's Road

Contact: Barin at 416-284-4184 ext.252  
Contact Anushka at 416-284-4184 ext.212

#### Tamil Parent Education Program

Learn through discussions about safety, education, violence prevention, substance misuse, & communication.

April 29 & May 27

10:30 am - 12:30 pm | 1321 Neilson Road

Contact: Niyasan at 416-284-4184 ext.215

#### MFRC's 4<sup>th</sup> Annual Walk-a-thon

Register yourself today or a team today to do a 5km walk to fundraise for MFRC.

Date: Saturday May 27

Time: 9 a.m - 2 p.m

There will be activities and a BBQ for all attendees and volunteers. More info, visit [www.mfrc.org](http://www.mfrc.org)



**MFRC CLOSURES**  
Closed on: April 14, April 17  
No Programs: June 26 to June 30

For program information or registration, contact:

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



# Malvern Family Resource Centre | Youth Program Schedule April to June

## MONDAY

### Creative Expression

12-17 years  
3:30 pm - 5:30 pm

A multifaceted art program to explore rap/song writing, visual arts, DJ skills, productions, drama & digital media  
90 Littles Road

### Gentlemen's Club

14-17 years  
4 - 6 p.m

Young men work on building self-confidence, leadership, life and social skills through creative workshops, community service & volunteerism  
1321 Neilson Road

### \*Malvern Tween Basketball League

10-13 years  
4 pm-5:00 pm

(Academic Support-Program Room C )

5 pm - 7 pm (Gymnasium)

Winter Session Dates:

Jan 23 - May 8, 2017

Registration & program fee applies

90 Littles Road

## TUESDAY

### Study Lounge

13 years & up  
3:30 pm - 6 pm

Receive academic support from a staff & volunteers, free computer access, quiet study space and free WIFI  
1321 Neilson Road

### Sight Beyond Sight

18 years & up  
6 pm - 9 pm

Discussions about real life issues that are important to youth, specifically about education, employment, health, community, safety and leadership  
1321 Neilson Road

### Multi-Sport Drop-In

14 -18 years  
6 pm - 8 pm

Saint Mother Teresa Academy  
40 Sewells Road

### Soccer Drillz

9-14 years  
4 pm - 5:30 pm  
90 Littles Road

## WEDNESDAY

### Girls United

10-14 years  
3 pm - 5 pm

Learn how to empower yourself & share experiences with other young women through interactive discussions, leadership activities, & self-confidence building workshops  
90 littles Road

### Real Talk: Leaders of Tomorrow

14 years & up  
3:30 pm - 6 pm

Discussions about real life issues that are important to youth like education, employment & health  
1321 Neilson Road

### Choices

12- 17 years  
6 pm - 8 pm

Assists youth to focus on life and social skills, self-confidence, making healthy and informed choices  
1321 Neilson Road

### Mentorship Support

10-13 years  
5 pm - 5:30 pm

(Academic Support-Program Room C )

Ask questions about real life issues and share about your day's experience with our staff.

5:30 pm - 7 pm (Gymnasium)

90 Littles Road

Join us for games and sports!

### Post High Hoops

19-24 years  
7 pm - 9 pm  
90 Littles Road

## THURSDAY

### Malvern Youth Cabinet

14 years & up  
4 pm - 6 pm

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 your volunteers hours here!  
1321 Neilson Road

### Girls Only Recreation

10 years & up  
4:30 pm - 6:30 pm  
90 Littles Road

### Connected Young Adults

18 years & up  
6:30 pm - 8:00 pm

Meet guest speakers, join in discussions and projects to empower young men and women though exploring issues such as police/community relations, health, finance, relationships, parenting and how to create meaningful impacts through volunteerism  
1321 Neilson Road

## FRIDAY

### Tasty Fridays

13 years & up  
3:30 pm - 5:30 pm

Join us as we watch & get inspired by Tasty videos to creative delicious meals. Learn cooking skills, food handling, budgeting and nutrition. Featured chefs throughout the program  
1321 Neilson Road

### \*Malvern Youth Basketball League

14-17 years  
6 pm - 9 pm

Lester B. Pearson Collegiate Institute  
150 Tapscott Road

Bring a friend to program or invite them to one of our events!

## Volunteer Opportunities

Get involved in the Youth Department today.

- Be a tutor for elementary school kids
- Volunteer at After School Programs & Summer Camp

Contact Carmen Tan for more information:

volunteer@mfrfc.org

416-284-4184 ext.205

*\*Programs marked with an asterisk require additional registration, and/or program fees.*

*Programs and services may be subject to change or cancellation without notice.*

*All participants MUST complete a blue 2017 registration form. Participants under 14 years, requires a parent signature.*

*Program Fees:*

*Annual Youth Registration: \$2*

*Annual Agency Membership: \$5*