

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
- 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

Satellite Program Locations:

- Toronto Community Housing-Mornelle Court
- Lester B. Pearson C.I.
- Saint Mother Teresa Academy
- Lucy Maud Montgomery P.S.
- St. Barnabas Elementary School
- St. Florence Catholic School
- Dr. Marion Hillard Senior P.S.
- St. Bede Catholic School

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

Locations:

90 Littles 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



United Way
Toronto & York Region

Winter 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.

By appointment, offered on Monday to Friday

**Brendon, Youth & Family Support
Counsellor
416-284-4184 ext. 227**

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**

P.A. Day Trips

Join us for fun trips on your days off.
Feb 1st, and Feb 16th.
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

Jan. 13, Feb. 3 & Mar. 3

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

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

Be a Volunteer!

Get involved in the community.

Volunteer as a:

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

**Contact Carmen Tan
416-284-4184 ext. 205**

MFRC CLOSURES

Jan 1st
Feb 19th,
Mar 30th - April 2nd

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</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 1321 Neilson Road</p> <p>Youth Connect 14-17 years 5:00 p.m. - 7:00 p.m. Youth will learn their legal rights, explore the justice system, and increase their self-awareness through discussions and activities 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 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 learning from your peers 1321 Neilson Road</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</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</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</p> <p>Empowered YOUTH 16 years & up 4:00 p.m. - 6:00 p.m. Receive assistance with developing work skills, financial literacy, learn about post secondary options, and youth justice support 1321 Neilson Road</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>Youth Drop-In 12 years & up 3:00 p.m. - 5:30 p.m. Need a safe space to hang after school? Enjoy games, activities, snacks, and free WiFi, 1321 Neilson Road</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</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>

*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