

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:

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



Winter 2017

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

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

3 pm - 6 pm | 1321 Neilson Road
Contact: Ashley at 416-284-4184 ext.228

Connect Parents Services:

Parent & Guardian Link

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

January 30 & March 13
5:30 pm - 7:30pm | 90 Littles Road
Contact: Barin at 416-284-4184 ext.252
Contact Anushka at 416-284-4184 ext.212

Fitness for Her

Monthly intergenerational fitness program for women and girls. (Ages 10 & up)
January 31, February 28, March, 28
6 pm - 7 pm | 90 Littles Road

Contact: Fiona at 416-284-4184 ext. 244

Tamil Parent Education Program

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

January 28, February 25 & March 25
10:30 am - 12:30 pm | 1321 Neilson Road
Contact: Niyasan at 416-284-4184 ext.215



MFRC CLOSURES
Closed: Feb 20
No Programs: Feb 21-Feb 24

For program information, contact:
Fiona at 416-284-4184 ext.244 or
Derry at 416-284-4184 ext.211



MONDAY

Creative Expression

12-17 years
3 pm - 5 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 pm - 6 pm

Young men works 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
5 pm - 7 pm

Winter Session Dates:
Jan 23 - May 8, 2017

Registration & program fee applies

90 Littles Road

Volunteer Opportunities

The community needs you! Get involved in the Youth Department today. Contact Carmen Tan for more information:
volunteer@mfrc.org
416-284-4184 ext.205

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

14 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

40 Sewells Road

Soccer Drillz

9-14 years
4 pm - 5:30 pm

90 Littles Road

Girls Only Recreation

10 years & up
5:30 pm - 7:30 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

Youth & Family Talk Lounge

Drop-In / Walk-in
12 years & up
3:30 pm - 6 pm

Clients can access support for various issues such as anxiety, grief, stress etc. All services are free & confidential

Real Talk: Tomorrow's Leaders

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

Tween Multi-Sport

10-13 years
5:30 pm - 7 pm

90 Littles Road

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

Core Leadership

12 years & up
6 pm - 8 pm

Empowers youth to be physically, and mentally fit through personal training and personal development leadership exercises.

Saint Mother Teresa Academy
40 Sewells 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

Girl Talk

14-17 years
3:30 pm - 5:30 pm

Young women will work on building leadership skills, self-confidence, healthy relationships & meet new peers through discussions and food, guest speakers and FUN!

1321 Neilson Road

*Malvern Elite Basketball League

14-17 years
6 pm - 9 pm

Lester B. Pearson Collegiate Institute
150 Tapscott Road

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

Please call 416-284-4184

ext. 244/211 to register or for information about youth programs.

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