

Women's Programs

*All Women's Place programs require registration except Close Knit Circle and Drop In Programs. Register by calling 416-284-4184 ext. 226. Programs are free unless stated. All fitness programs require proper attire and completed fitness waiver.

PROGRAMS AT 90 LITTLES ROAD

HEALTH & WELLNESS

G.L.O.W. Growing and Learning with Other Women

Explore topics related to well-being, self-care, mindfulness and more.
Thu. Sept. 29, Oct. 27, Nov. 24:
6-7:30 p.m. Boardroom.

PERSONAL DEVELOPMENT

Computer Lab Drop In

A volunteer will be on-site to provide assistance with printing, email, etc.
Wed. 11 a.m.-1 p.m.
Sat. 12-2 p.m. (Oct.-Dec. only)

Women's Place Drop In

A safe space for women to access practical supports; information and referrals; faxing & printing services.
Tue. 11 a.m.-12 p.m.

LIFE SKILLS

Creative Women: Sewing For Beginners

Learn sewing basics at Creative Women this fall, such as: how to prep a sewing machine, simple stitches and measuring.
Fri. 1-3 p.m. Program Room A & B.
*Some costs may apply for materials

WOMEN'S FITNESS

Women's Fitness (Zumba)

Group fitness instruction for women only.
Sat. 10-11 a.m. Gym.
\$15 members; \$20 non-members

Women's Yoga

All ages and skill levels welcome.
Sat. 11:15 a.m.-12:15 p.m. Gym.
\$15 members; \$20 non-members

PROGRAMS AT 1321 NEILSON ROAD (LOWER LEVEL)

HEALTH & WELLNESS

Let's Discuss It (English)

This program is geared for women who want to practice their English. Note: this is NOT an ESL or LINC class.
Wed. 9:30-11 a.m. Side Room.

Let's Discuss It (Tamil)

Meet new people through lively conversation and activities.
Thu. 9:30-11 a.m. Side Room.

Women's Wellness (Patois)

Make friends discussing wellness issues, with a focus on mental, physical and emotional health.
Mon. 1-3 p.m. Back Room.

PERSONAL DEVELOPMENT

Conversational English Circle

A place for women to practice their English. This is NOT an ESL/LINC class.
Mon. 9:30-11 a.m. Side Room.

Essential Skills Upgrading

A non-credit adult program to help with reading, writing and math skills.
Mon.-Wed. 9:30 a.m.-3:30 p.m.

Women's Place Drop In

A safe space for women to access practical supports; information and referrals; faxing/printing services.
Mon. 11 a.m.-1 p.m.

LIFE SKILLS

Close Knit Circle (Drop in)

Knitters and crocheters of all skill levels welcome. Items created donated to those in need.
Tue. 1-3 p.m. Back Room.

***SUPERFIT PACKAGE:**
Sign up for BOTH Zumba and Yoga and receive a discount!
\$25 members; \$35 non-members

DAILY FITNESS PROGRAMS

MONDAY: Tai Chi

10-11:30 a.m. 90 Littles Road.

TUESDAY: Move & Groove

10-11 a.m. 90 Littles Road.
\$10 members; \$15 non-members.

WEDNESDAY: Yoga

9:30-10:30 a.m. 90 Littles Road.
\$10 members; \$15 non-members.

Seniors-Fit Boot Camp

10:30-11:30 a.m. 90 Littles Road

Exercise for Falls Prevention

11:30 a.m.-12:30 p.m. 1321 Neilson Road; 1-2 p.m. 90 Littles Road.

THURSDAY: Eco Fit

8:30-9:15 a.m. Malvern Town Centre, Food Court

Laughter Yoga

10-11 a.m. 90 Littles Road.
\$10 members; \$15 non-members.

FRIDAY: Walking Club

10-11 a.m. 90 Littles Road

Mindful Yoga

11:30 a.m.-12:30 p.m.
90 Littles Road

Exercise for Falls Prevention

11:30 a.m.-12:30 p.m. 1321 Neilson Road; 1-2 p.m. 90 Littles Road

Seniors Programs (55+ years)

*Some programs require registration and are free unless otherwise stated. Register by calling 416-284-4184 ext. 246. All fitness programs require proper attire and completed fitness waiver.

PROGRAMS AT 90 LITTLES ROAD

PERSONAL DEVELOPMENT

Caribbean Storytelling

Share your Caribbean history and narratives in a community writing circle.
Details TBA.

Community Kitchen

Prepare a meal while learning about nutrition, community resources and seniors safety. Registration required.
Wed. 11:30 a.m.-1:30 p.m. Kitchen.

Computer Class - Level 1

Learn computer basics.
Tue. Sept. 13-Oct. 25.
11 a.m.-12:30 p.m. Computer Lab.
\$8 members; \$12 non-members

Computer Class - Level 2

Introduction to social networking.
Tue. Nov. 1-Dec. 6.
11 a.m.-12:30 p.m. Computer Lab.
\$8 members; \$12 non-members

Conversational English for Tamil Seniors (Drop In)

Practice English language skills through conversation and activities.
Mon. 11 a.m.-12 p.m. Boardroom.

HEALTH & WELLNESS

Tamil Wellness Program (In Tamil)

Discussions, guest speakers, activities.
Mon. 12-3 p.m. Program Rooms A & B. \$10 members; \$15 non-members

SOCIAL

Afternoon Games (Drop In)

Cards, dominos and board games.
Thu. Sept. 8, Oct. 6, Nov. 3, Dec. 1:
11:30 a.m.-1 p.m. Program Room B.

Caribbean Folk Singing

Sing along to Caribbean folk songs from back home!
Thu. Sept. 15, 29; Oct. 7, 21; Nov. 10, 24; Dec. 1, 15: 11:45 a.m.-1 p.m.
Program Room A. \$4 one-time fee.

Seniors Drumming

Learn basic rhythms and beats!
Tue. 11:30 a.m.-12:30 p.m.
Program Room A.

Tamil Social Drop In

Play games and meet new friends!
Mon. 10 a.m.-12 p.m.
Program Rooms A & B.

PROGRAMS AT MALVERN LIBRARY (30 SEWELLS ROAD)

Seniors 101 (Drop In)

Workshops about various topics that affect seniors, such as health, wellbeing and education.
Thu. Sept. 15, Nov. 10, Dec. 15:
1-2 p.m.

Afternoon Movie (Drop In)

Enjoy a movie with friends.
Thu. Sept. 22, Oct. 20, Nov. 17,
Dec. 22: 1-3 p.m.

Brain Games (Drop In)

Puzzles and games to help improve your memory and exercise your mind.
Thu. Sept. 29, Oct. 27, Nov. 24:
1-2:30 p.m.

PLEASE NOTE: THERE WILL BE LIMITED PROGRAMS OCT. 11-14 2016 AS WE WILL BE CLOSED FOR PLANNING WEEK

Please visit our website, Facebook page and Instagram account to stay current with everything going on at MFRC.

UPCOMING EVENTS AT MFRC:

Register Your Child for the After School Program!

Program takes place in the school your child attends (such as Brookside P.S. and Grey Owl P. S.) during the school year. Register in person at 90 Littles Road, Mon.-Fri. 9:30 a.m. to 5 p.m.
(See inside for program details).

Early Identification

Screening Clinic

October 14, 2016

10 a.m.-2 p.m.

90 Littles Road

For parents of young children.

Seniors 60s & 70s-Themed

Retro Dinner and Dance

November 17, 2016

90 Littles Road

Time and cost TBA. Call the Seniors Department at 416-284-4184 ext. 242 for details.



FALL 2016 Program Guide



Malvern Family Resource Centre

Locations:
90 Littles Road
Scarborough, ON
M1B 5E2
416-284-4184

1321 Neilson Road (Lower Level)
Scarborough, ON
M1B 3C2
416-281-1376

www.mfrc.org
mail@mfrc.org



DISCOUNTED RATES FOR MEMBERS!

Annual Membership Fee is \$5. Annual Registration Fee is \$5. Call 416-284-4184 or 416-281-1376 ext. 0 to learn more.

Agency Services

Most services are by appointment only. Call 416-284-4184 for more information.

GENERAL SERVICES

Information & Referral
Receive information about community resources and services and referrals.

Income Tax Clinic

Free tax clinics offered during tax season in partnership with Chartered Professional Accountants Ontario (CPA).

WOMEN'S SERVICES

Housing Support
Provides assistance to women facing housing challenges. Contact Jackie to book an appointment: 416-284-4184 ext. 245 or jleblanc@mfrfc.org. Drop in support available Wednesdays, 2-5 p.m. and Fridays, 9 a.m.-1 p.m. at 1321 Neilson Road.

Legal Support

Receive support from a female volunteer lawyer on topics related to family law. Call 416-284-4184 ext. 226 to book an appointment.

COUNSELLING

Appointments can be made for individual, group or family counselling. Free and confidential.

Youth and Family Support Counselling

Free and confidential counselling for youth, ages 14 to 26, and their families in the Rouge River Riding. Call 416-284-4184 ext. 211 to book an appointment.

Youth Outreach Worker

Assists youth ages 12 to 24 and their families to access services and supports, such as: resources for education, housing and employment.

Family Support Worker

Assists women receiving Ontario Works (OW) with questions about accessing support, completing a support agreement, court options, arranging paternity testing and referrals. In partnership with Toronto Employment Social Services. Call Women's Place for details: 416-284-4184 ext. 226. Tue. Bi-weekly, 9 a.m.-12 p.m.

Action for Neighbourhood Change

*For additional information please call 416-284-4184 ext. 221 or email jvarghese@mfrfc.org.

42 Voices

Participate in discussions and the development of strategies that address a diverse range of topics impacting the community, including transit, resident leadership, community safety and more! Meetings are every 6 weeks. Call to learn when the next meeting is and to find out how to participate in upcoming events and activities.

Farmer Learning Series

Learn tips and receive information about effective food growing practices from the experts. Topics include crop planning, seed saving, composting and more. Various dates from Aug-Nov. 2016. Call for details and to register.

Revitalization & Food Security Meeting

Join residents and local agencies to play an active role in various food security initiatives across the neighbourhood, such as: community gardens, eco-education, catering networks, community meals. Last Tuesday of every month. 6:15-8:30 p.m. 90 Littles Road. Call to learn more.

Middle Years Programs (6-12 years)

*For additional information please call 416-284-4184 ext. 207/208.

After School Program

Runs two hours after school, Monday to Friday, from Sept. 2016 to June 2017, except on P.A. days, public holidays, Christmas break, March Break and summer break. Program includes:

- Homework Help
- Physical Activity
- A Nutritious Snack
- Healthy Eating/Wellness Education

Mon.-Fri. Sept. 2016-Jun. 2017
Members: \$45/school year
Non-members: \$55/school year
*\$5 discount for every additional child

P.A. Day Program

Day long activities. May include trips.
2016: Oct. 7, Nov. 18, Dec. 2.
2017: Feb. 17, Jun. 9.
\$20/P.A. Day

AFTER SCHOOL LOCATIONS

Program Locations:
Alexander Stirling P. S.
70 Fawcett Trail

Brookside P. S. (Grades 6-8)
75 Oasis Blvd.

Grey Owl P. S.
150 Wickson Trail

Heritage Park P. S.
80 Old Finch Avenue

Malvern Junior P. S. (Grades 1-4)
70 Mammoth Hall Trail

Mary Shadd P. S. (For children attending Mary Shadd P. S. and Sacred Heart C. S.)
135 Hupfield Trail

Tom Longboat P. S.
37 Crow Trail

Thomas L. Wells P. S.
69 Nightstar Road

White Haven P. S.
150 Invergordon Avenue

MFRC (Children attending Fleming P.S. and St. Bede C.S.)
90 Littles Road

Early Years Programs (0-6 years)

*All Early Years programs are offered on a drop in basis. For additional information please call 416-284-4184 ext. 231.

PROGRAMS AT 90 LITTLES ROAD

0-6 YEARS

All About Me
Children learn about family friend, pets and themselves.
Mon. 1:30-3 p.m.

Active Play
Unique play experiences to promote gross motor development.
Thu. 9:30-11:30 a.m.

Dad and Me
A program for dads to learn and interact with their child through play.
Thu. 6-7:30 p.m.

Family Time
An interactive program for children, siblings and parents.
Tue. 6-7:30 p.m.

Together Time
Parents/caregivers and children socialize and learn.
Tue. & Wed. 9:30-11:30 a.m.

2-6 YEARS

Dramatic Play
Develop imagination, creativity, language skills and social skills through pretend and role-playing.
Wed. 1:30-3 p.m.

Fun with Letters
Children start to recognize letters by participating in hands-on activities.
Tue. 1:30-3 p.m.

Fun with Numbers
Children begin to recognize and learn numbers through play experiences.
Thu. 1:30-3 p.m.

Music Fun
An interactive program where children and parents explore various types of music and instruments.
Mon. 9:30-11:30 a.m.

Surprise Bags
Using the items in your bag, create and then share creations with group.
Sat. 1-3 p.m.

PROGRAMS AT 1321 NEILSON ROAD (LOWER LEVEL)

0-6 YEARS

Family Time
An interactive program for children, siblings and parents.
Wed. 6-7:30 p.m. Sun. 9:30-11:30 a.m.

Together Time
Parents/caregivers and children socialize and learn.
Mon. Wed. & Thu. 9:30-11:30 a.m.

Little Explorers
Hands-on activities for fine motor development and tactile use.
Tue. 9:30-11:30 a.m.

2-6 YEARS
Fun with Colours
Children start to recognize various colours through activities and play.
Thu. 1:30-3 p.m.

Fun with Letters
Children start to recognize letters by participating in hands-on activities.
Tue. 1:30-3 p.m.

Fun with Shapes
An introduction to various shapes.
Mon. 1:30-3 p.m.

Story Time
Various stories in a group setting.
Wed. 1:30-3 p.m.

SATELLITE LOCATIONS

Programs are also offered at the following Satellite Locations in the community. Call 416-281-1376 ext. 0 or visit www.mfrc.org to learn more:

Agnes MacPhail P.S.
112 Goldhawk Trail

Burrows Hall Library
1081 Progress Avenue

Goldhawk Park Library
295 Alton Towers Circle

Heritage Park P. S.
80 Old Finch Avenue

Malvern Library
30 Sewells Road

Mary Shadd P. S.
135 Hupfield Trail

Milliken Park C. C.
4325 McCowan Road

Neilson House
1575 Neilson Road

Port Royal P.S.
408 Port Royal Trail

Thomas L. Wells P. S.
69 Nightstar Road

Woodside Square Library
1571 Sandhurst Circle

VOLUNTEERS WANTED!

We are always looking for volunteers to assist with regular programs and/or special events. If you are interested in learning more or attending a volunteer orientation session, please email volunteer@mfrfc.org.

DAILY REC SCHEDULE

MONDAY:
Malvern Junior Basketball (ages 10-13)
5-7 p.m. 90 Littles Road. Fee.

TUESDAY:
Soccer Drillz (ages 10-13)
4-5:30 p.m. 90 Littles Road

Skateboard Drop In
4-6 p.m. Malvern Rec Centre. (Sept.-Oct.)

WEDNESDAY:
Youth Volleyball (ages 14-19)
5-7 p.m. 90 Littles Road

BMX Drop In
4-6 p.m. Malvern Rec Centre. (Sept.-Oct.)

THURSDAY:
Girls Only Multi Sport (ages 12-19)
6-8 p.m. Blessed Mother Teresa C. S.

Skateboard Drop In
4-6 p.m. Malvern Rec Centre. (Sept.-Oct.)

FRIDAY:
Youth Basketball (ages 14-19)
5-9 p.m. Lester B. Pearson C. I.

Youth Programs (13-24 years)

Some programs require registration. For additional information please call 416-284-4184 ext. 211.

PROGRAMS AT 1321 NEILSON ROAD (LOWER LEVEL)

YOUTH DEVELOPMENT CHOICES

Educates youth about substance use and avoiding risk-taking behaviour. Registration required.
Wed. 6-8 p.m. 10-weeks. Call Derry for details: 416-284-4184 ext. 252

Creative Expression
Explore multi arts-based programming opportunities, such as abstract art and photography, at this 6-week series.
Call 416-284-4184 ext. 216 for details.

Gentlemen's Club
Provides young men with a platform to develop leadership skills, grow and make meaningful connections.
Thu. 4-6 p.m.

Newcomer Youth Homework Club
A space to work on homework with support available in multiples languages, including: Arabic, Tamil and Bengali.
Fri. 4-5:30 p.m. (Oct.-Dec.)

Newcomer Youth Workshops
Various topics related to life skills, education and leadership.
Every other Wed. starting Oct. 5. 4:30-5:30 p.m. Call for details: 416-281-1376 ext. 23.

Tamil Girls Group
Interactive, culturally-specific activities, workshops and discussions to build leadership and life skills.
Thu. 4-5:30 p.m. (Oct.-Dec.)

Tamil Youth Drop In
Activities that support Tamil youth.
Tue. 4-6 p.m.

Youth Daily Drop In
Mon. & Fri. 4-6 p.m.

YOUTH LEADERSHIP Malvern Youth Cabinet
Make a difference in the community while earning volunteer hours.
Tue. 4-6 p.m.

PROGRAMS AT 90 LITTLES ROAD

YOUTH LEADERSHIP Girls United
Celebrate being a girl! Take part in activities that encourage leadership, teamwork and expression through conversation and art!
Wed. 3-5:30 p.m.

Lunchtime and After School programs offered in local schools. Call Youth Staff for details.

Newcomer Settlement Services

*For additional information please call 416-284-4184 ext. 237 or 416-281-1376 ext. 25.

Overview of Service

Provides all newcomer immigrants (including permanent residents, refugee claimants, and immigrants of all ages) with information, guidance and support during their settlement process.

- Individual Support and Counsel
- Form-Filling Assistance
- Information and Referral
- Social Connections

Drop In Hours & Locations

Mon.-Fri. 9 a.m.-5 p.m. at 90 Littles Road and 1321 Neilson Road

Translation services available by appointment (Persian, Dari, Pashto, Urdu and Tamil).

Programs for Youth (12-25 years)

Educational and social workshops to assist newcomer youth with their integration and settlement into Canadian life, such as: resume support, new and free resources in the community, navigating the city and more.

See mfrc.org for current youth workshop schedule.

Programs for Adults & Families

Workshops available on a variety of topics, including: citizenship application process, income support, home assistance, accessing free health care services and wellness. See mfrc.org for current workshop schedule.