

PROGRAMS

42 RIDES STEERING COMMITTEE (AGE 12 YEARS & UP)

Do you have a passion for action sports?— Join your peers to participate in the community and sport training opportunities.

EARN VOLUNTEER HOURS HERE!

CHOICES (AGE 12-17)

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

CREATIVE EXPRESSION: YOUTH ART (AGE 12-17)

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.

EMPOWERED YOUTH (AGE 16 YEARS & UP)

Receive assistance with developing work skills, self-confidence, and financial literacy skills.

GIRLS IN ACTION (AGE 14-17)

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

GIRLS ONLY RECREATION (AGE 10 YEARS & UP)

Get active through multi recreation activities and sports.

KICK (KEEPING IT COOL KIDS) (AGE 12- 14)

Group interactive activities that develop life and leadership skills, healthy coping strategies, and conflict resolution skills.

MALVERN TWEEN BASKETBALL LEAGUE (AGE 10-13)

Participate in fun drills & scrimmages to improve your basketball skills

Registration & program fee applies.

MALVERN YOUTH BASKETBALL LEAGUE (AGE 14-17)

Showcase your talents while developing and mastering new basketball skills.

MALVERN YOUTH CABINET (AGE 14 YEARS & UP)

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!

MULTI-SPORT DROP-IN (AGE 14-18)

Participate in fun activities, build fitness, team spirit and enjoy fair play.

POST HIGH HOOPS (AGE 19-24)

Connect with other youth through fun & competitive basketball games.

REAL TALK: TOMORROW'S LEADERS (AGE 14 YEARS & UP)

Gain valuable leadership skills through discussions, workshops and peer support.

SOCCER DRILLZ (YOUTH) (AGE 13 YEARS & UP)

Develop team work through soccer drills, skill development & games.

TWEEN SOCCER DRILLZ (AGE 10-12)

Develop team work through soccer drills, skill development & games.

YOUTH DROP-IN (AGE 12 YEARS & UP)

Need a safe space to hang after school? Enjoy games, snacks, and free WiFi.

**For more program information, contact
Fiona at 416-284-4184 ext. 244**



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



YOUTH CENTRE

What's Happening | Fall 2018

WEB: www.mfrc.org TEL: 416-284-4148 ext.0

Follow us on Instagram and Facebook



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, contact:

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 & supports, such as referrals, resources for education, housing or employment within the community.

By **APPOINTMENT** offered: **Monday to Friday**

Contact: **MORGAN** 416-284-4184 ext. 214

NIYASAN 416-284-4184 ext. 215

MFRC CLOSURES

Oct 8

Programs are subject to change or cancellation.



United Way
Toronto & York Region



REC PROGRAMS

MALVERN TWEEN BASKETBALL

(AGE 10-13)
MONDAY | 5:00 - 7:00 p.m.
 90 Littles Road (Gym)
POST HIGH HOOPS
 (AGE 19 - 24)
MONDAY | 7:00 - 9:00 p.m.
 90 Littles Road (Gym)

TWEEN SOCCER DRILLZ

(AGE 10 - 12)
TUESDAY | 3:30 - 5:30 p.m.
 90 Littles Road (Gym)

MULTI-SPORT DROP-IN

(AGE 14-18)
TUESDAY | 6:00 - 8:00 p.m.
 Saint Mother Teresa Catholic Academy
 30 Sewells Road

GIRLS ONLY RECREATION

(AGE 10 +)
THURSDAY | 3:30 - 5:00 p.m.
 90 Littles Road (Gym)

SOCCER DRILLZ (YOUTH)

(AGE 13 YEARS & UP)
THURSDAY | 5:00 - 7:00 p.m.
 90 Littles Road (Gym)

MALVERN YOUTH BASKETBALL LEAGUE

(AGE 14-17)
FRIDAY | 6:00 - 9:00 p.m.
 Lester B. Pearson Collegiate Institute
 150 Tapscott Road



COMMUNITY AND CIVIC ENGAGEMENT

42 RIDES STEERING COMMITTEE

(AGE 12 YEARS & UP)
WEDNESDAY | 4:00 - 5:30 p.m.
 1321 Neilson Road
 (lower level)

MALVERN YOUTH CABINET

(AGE 14 & UP)
THURSDAY | 3:00 - 5:00 p.m.
 1321 Neilson Road
 (lower level)



*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

LEADERSHIP & LIFE SKILLS

CREATIVE EXPRESSION:

YOUTH ART
 (AGE 12-17)
MONDAY | 3:00 - 5:30 p.m.
 1321 Neilson Road
 (lower level)

REAL TALK:

TOMORROW'S LEADERS
 (AGE 14 YEARS & UP)
TUESDAY | 3:00 - 5:00 p.m.
 1321 Neilson Road
 (lower level)

GIRLS IN ACTION

(AGE 14 -17)
WEDNESDAY | 3:30 - 5:00 p.m.
 1321 Neilson Road
 (lower Level)

YOUTH DROP-IN

(AGE 12 & UP)
FRIDAY | 3:00 - 5:30 p.m.
 1321 Neilson Road
 (lower Level)

EMPOWERED YOUTH

(AGE 16 YEARS & UP)
THURSDAY | 4:00 - 6:00 p.m.
 1321 Neilson Road
 (lower level)

SPECIALIZED PROGRAMS

KICK (KEEPING IT COOL KIDS)

(AGE 12-14)
TUESDAY | 3:30 - 5:00 p.m.
 1321 Neilson Road
 (lower level)

CHOICES

(AGE 12-17)
WEDNESDAY | 5:00 - 7:00 p.m.
 1321 Neilson Road
 (lower level)

SATELLITE PROGRAM LOCATIONS

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

BE A VOLUNTEER!

Get involved in the community. Volunteer as a:

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

CONTACT T: 416-284-4184 ext. 205 **E:** volunteer@mfrcc.org

P.A DAY TRIPS

Join us for fun trips, special activities on your day P.A Day (Oct 5th, Nov 16th, Dec 7th)

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

Sept 29th, Oct 27th, Nov 24th & Dec 15th
 11:00 a.m. - 1:00 p.m. | 1321 Neilson Rd (lower level)