

## PROGRAMS

### 42 RIDES STEERING COMMITTEE (AGE 12 YEARS & UP)

Would you like to help shape the direction of sports in your community while engaging in sports training opportunities? If so, 42 Rides is the group for you!  
EARN VOLUNTEER HOURS HERE!

### CHOICES (AGE 12-17)

Come explore different ways of making healthy decisions in your life while gaining new social and life skills in a fun and supportive environment.

### CREATIVE EXPRESSION: YOUTH ART (AGE 12-17)

A multifaceted art program to explore rap/song writing, visual arts, DJ skills, production, drama and 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 and share experiences with other young women through interactive discussions, leadership activities, and workshops.

### GIRLS ONLY RECREATION (AGE 10 YEARS & UP)

Get active and develop new skills through multi-sports and other recreational activities and sports.

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

Interactive group 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 and scrimmages to improve your basketball skills  
Registration and 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 and 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 and 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)

Are you ready to develop your soccer skills? Join your peers to participate in exciting drills and games.

### TWEEN SOCCER DRILLZ (AGE 10-12)

Develop team work through soccer drills, skill development and 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



## YOUTH CENTRE

What's Happening | Winter 2019

WEB: [www.mfrc.org](http://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 and families.

By APPOINTMENT offered: Monday to Friday

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 and 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



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### MFRC CLOSURES

Jan 1 | Feb 16-18

Programs are subject to change or cancellation without notice.





## 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 - 5:00 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)

### EMPOWERED YOUTH

(AGE 16 YEARS & UP)  
THURSDAY | 4:00 - 6:00 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)

## 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

- Lester B. Pearson C.I.
- Saint Mother Teresa Academy
- Fleming P.S.
- Dr. Marion Hillard Senior P.S.
- St. Bede Catholic School
- Malvern Jr. P.S.

### BE A VOLUNTEER!

Get involved in the community. Volunteer as a:

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

**CONTACT T:** 416-284-4184 ext. 205 **E:** [volunteer@mfrfc.org](mailto:volunteer@mfrfc.org)

## P.A. DAY & MARCH BREAK ACTIVITIES

Join us for fun trips, and special activities on your day P.A. Day  
Jan 31st, Feb 15th | Mar 11th - 15th

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 26th, Feb 23rd & Mar 23rd  
11:00 a.m. - 1:00 p.m. | 1321 Neilson Rd (lower level)

