

PROGRAMS

CHOICES (AGE 12-17)

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

CREATIVE MEDIA

(AGE 12-17)

Learn how to create unique and entertaining media content, develop your storytelling and production management skills in the process.

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.

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.

WELLNESS DROP-IN (AGE 14-24)

Supporting youth to have a healthy mind and a healthy body through interactive activities.

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 | Spring 2019

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 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



An agency of the Government of Ontario
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MFRC CLOSURES

April 19 -22 | May 18-20

Programs are subject to change or cancellation without notice.





LEADERSHIP & LIFE SKILLS

**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)

WELLNESS DROP-IN
(Age 14-24)
FRIDAY | 3:00 - 5:00 p.m.
90 Littles Road (Board Room)
Start Date: April 26th

CREATIVE MEDIA
(AGE 12-17)
WEDNESDAY | 3:30 - 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)

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

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

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

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

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

SPECIALIZED PROGRAMS

KICK (KEEPING IT COOL KIDS)
(AGE 12-14)
*Offered at Sacred Heart Catholic School, Saint Columba Catholic School & Malvern Jr. P.S.

CHOICES
(AGE 12-17)
*Offered at Fleming P.S. & St. Bede Catholic School

SATELLITE PROGRAM LOCATIONS

- Burrows Hall Public School
- Dr. Marion Hillard Senior P.S.
- Fleming P.S.
- Lester B. Pearson C.I.
- Malvern Jr. P.S.
- Sacred Heart Catholic School
- St. Bede Catholic School
- Saint Columba Catholic School
- Saint Mother Teresa Academy
- White Haven Public School

Please call 416-284-4184 ext. 244 to register or for more information about youth programs. **PROGRAM FEES:** Annual Agency Membership Fee: \$5

TRAINING/DEVELOPMENT

Open to youth, professionals, and residents interested in working in the social service and recreational sector.

15 AVAILABLE SPOTS PER TRAINING
Making Ethical Decisions | May 24th | 11:00 a.m. - 2:30 p.m.
Teaching and Learning | June 8th | 10:00 a.m. - 3:00 p.m.
To register, please email Fiona at fgiffith@mfrfc.org

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
April 27th & May 25th
11:00 a.m. - 1:00 p.m. | 1321 Neilson Road (lower level)

