

SPECIALIZED PROGRAMS

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

Interactive group activities that develop life and leadership skills, healthy coping strategies, and conflict resolution skills.

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.

WELLNESS DROP-IN (AGE 14-24)

Supporting youth to have a healthy mind and a healthy body through interactive activities.
TUESDAY | 3:00 - 5:00 p.m.
1321 Neilson Road (lower level)

STRONGER TOGETHER (AGE 12-17)

Work together with staff mentors and other youth to build your resiliency and coping skills.

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)

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!

THURSDAY | 3:00 - 5:00 p.m.

1321 Neilson Road (lower level)

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

UPCOMING EVENTS:

Back to School Bash: September 6th

Feet in Motion Soccer Tournament: September 7th

Harvest Festival: September 20th

Community Clean Up: October 3rd

International Day of the Girl: October 11th

Youth Employment Fair: October 24th

Parent Night: November 22nd

Youth Holiday Dinner: December 19th



An agency of the Government of Ontario
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MFRC CLOSURES

Oct 14

Programs are subject to change or cancellation without notice.



YOUTH CENTRE

What's Happening | Fall 2019

WEB: www.mfrfc.org TEL: 416-284-4184 ext.0

Follow us on Instagram and Facebook

@malvernfrfc | @malvernfamilyresourcecentre

SPECIALIZED YOUTH SERVICES

Individual Youth & Family Support Counselling

Free confidential counselling services aim to provide support to individual youth and families.

By **APPOINTMENT: Monday to Friday**

Contact: 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



**United Way
Greater Toronto**



LEADERSHIP & LIFE SKILLS

CREATIVE MEDIA

(AGE 12-17)

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

WEDNESDAY | 3:00 - 5:00 p.m.
1321 Neilson Road (lower level)

REAL TALK:

TOMORROW'S LEADER

(AGE 14+)

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

WEDNESDAY | 3:00 - 5:00 p.m.
1321 Neilson Road (lower level)

THROUGH THE WIRE

(AGE 15 -18)

Join us for an insightful look into YOU, through weekly discussions about real life issues that are important to your personal growth (relationships, health, safety, employment, etc)

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

EMPOWERED YOUTH

(AGE 16 YEARS & UP)

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

THURSDAY | 4:00 - 6:00 p.m.
1321 Neilson Road (lower level)

REC PROGRAMS

MALVERN TWEEN BASKETBALL

(AGE 10-13)

Participate in fun drills and scrimmages to improve your basketball skills.

MONDAY | 5:00 - 7:00 p.m.
90 Littles Road (Gym)

POST HIGH HOOPS

(AGE 19 - 24)

Connect with other youth through fun and competitive basketball games.

MONDAY | 7:00 - 9:00 p.m.
90 Littles Road (Gym)

TWEEN SOCCER DRILLZ

(AGE 10 - 12)

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

TUESDAY | 3:30 - 5:00 p.m.
90 Littles Road (Gym)

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.

TUESDAY | 5:00 - 6:30 p.m.
90 Littles Road (Gym)

GIRLS ONLY RECREATION

(AGE 10 +)

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

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

MALVERN YOUTH BASKETBALL LEAGUE

(AGE 14-17)

Showcase your talents while developing and mastering new basketball skills.

FRIDAY | 6:00 - 9:00 p.m.
Location TBA

NEW PROGRAM

STAY ACTIVE ADAPTED REC PROGRAM

(AGE 12-17)

For youth who have special needs and/or disabilities and want to participate in a variety of multi-sports, and interactive games with peers.

FRIDAY | 5:00 - 6:00 p.m.
90 Littles Road

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 | Oct 26th, Nov 30th & Dec 14th
11:00 a.m. - 1:00 p.m. | 1321 Neilson Road (lower level)

FREE UP FRIDAYS

(AGE 13 +)

Join us every Friday for a fun line up of activities, great discussions and a safe place to meet new people.

- 1st Friday - What's Cooking
- 2nd Friday - Games and Lattes
- 3rd Friday - Mystery Fridays
- 4th Friday - Movie and Popcorn

3:00 - 5:30 p.m.
1321 Neilson Road (lower level)

Please call Fiona at 416-284-4184 ext. 244 or Puja at 416-284-4184 ext. 212 to register or for more information about youth programs.
PROGRAM FEES: Annual Agency Membership Fee: \$5

