

# CONNECTED FAMILY SERVICES

## 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 25th, Feb 29th, March 28th  
11:00 a.m. - 1:00 p.m. | 1321 Neilson Road (lower level)

## KICK Youth and Parent Night

Would you like to strengthen your connection with your youth?  
Come join us for an evening of fun, interactive activities and workshops for the family.  
Topics include: Health and Wellness, Mindfulness and Self-care, Effective Communication and so much more!

**Friday February 21st | 6:00 p.m.-8:30p.m. | 90 Littles Road**

## Art Expression

An evening of creativity where parents/guardians and youth can express themselves through various arts forms. Open to youth ages 10 and up

**March 16th | 5:00 p.m. - 8:00 p.m. | 90 Littles Road**

## Family Sports Night\*

The sports fun starts here, come on out to an evening of exciting free sports and activities and food for the entire family. \* Livestreaming of Bean Town VS The Six  
Parent or delegated guardian required on the premise for youth under 12 years of age.

**March 20th | 6:00 p.m. - 10:00 p.m. | 90 Littles 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)

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**



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## YOUTH CENTRE

**What's Happening | Winter 2020**

WEB: [www.mfrfc.org](http://www.mfrfc.org) TEL: 416-284-4184 ext.0

Follow us on Instagram and Facebook

@malvernfrfc | @malvernfamilyresourcecentre

## SPECIALIZED 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

## MFRC CLOSURES

Feb 15 - 17

Programs are subject to change or cancellation without notice.



**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)

## 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)

## REAL TALK: TOMORROW'S LEADER (AGE 14+)

Gain valuable leadership skills through discussions, workshops and peer support.  
**TUESDAY | 3:00 - 5:00 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)

## 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)

## 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.**  
Lester B. Pearson C.I.

## 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)

## 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)

### 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 | 4:30 - 5:30 p.m.**  
90 Littles Road

## 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.

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

# 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.

## STRENGTHENING YOU (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.

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

