



# YOUTH SPRING FLYER



April - June 2024

TO JOIN A PROGRAM, REGISTER TO BECOME A MEMBER HERE!



## CHECK OUT OUR YOUTH HUBS!

A safe space for youth to meet peers and connect with staff. Join us for art, video games, socialising and more!  
Open for youth ages 12-25

### 1321 Neilson Road

Open Monday-Friday 3:00-7:00 PM

**MONDAY** Drop-In

**TUESDAY** Drop-In  
Pushing the Envelope Movie Program  
(Bi-weekly)

**WEDNESDAY** Drop-In

**THURSDAY** Drop-In   
Photography Program: 5pm-6:30pm

**FRIDAY** Drop-In   
Food Fridays

### 110 Empringham Dr. Unit 214

Open Monday-Friday 3:00-7:00 PM

Saturdays 11:00-4:00

Note: This hub is open to residents of Empringham only!

**MONDAY** Drop-In: 3pm-7pm   
Mastermind Arts: 5pm-6pm

**TUESDAY** Drop-In: 3pm-7pm

**WEDNESDAY** Drop-In: 3pm-7pm   
Photography Program: 5pm-6:30pm

**SATURDAY** Drop-In: 11am-4pm   
Master Chef: 12pm-2pm

## CONTACT US

**For general inquiries:**

Anjali, Youth Manager  
416 284 4184 ext. 253  
agaur@mfrfc.org

**For Youth Hub Inquiries:**

Intasar, Youth Program Coordinator  
437-324-9379  
imir@mfrfc.org

**For Sports Inquiries:**

Randy, Youth Rec Coordinator  
rblackwood@mfrfc.org

**For counselling services**

Nadine | 416 284 4184 ext. 235  
ndilmohamed@mfrfc.org  
Alyssa | 416 284 4184 ext. 227  
youthcounsellor@mfrfc.org

**For youth outreach workers:**

Morgan | 416 559 5974 morgan@mfrfc.org  
Niyasan | 416-779-5975 niyasan@mfrfc.org



STAY UP-TO-DATE WITH YOUTH HUB HOURS,  
PROGRAMS AND SPECIAL EVENTS!

CHECK OUT MORE MFRC  
PROGRAMS AND SERVICES!





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## Sports Programs

90 Littles Road

**TWEEN BASKETBALL DAY: MONDAY TIME: 6:00PM-7:30PM**

Unlock your potential on the court with our tween basketball program! Designed for youth ages 10-13 to develop skills, teamwork, and a love for the game

**YOUTH BASKETBALL DAY: MONDAY TIME: 7:30PM-8:30PM**

Elevate your game with our youth basketball program! Tailored for ages 14 and up, focusing on advanced skills, strategy, and competitive play.

**MULTI-SPORT DAY: TUESDAY TIME: 4:30PM-7:00PM**

Dive into a world of sports with our multi-sport program! Designed for ages 14 and up, offering a variety of games weekly to foster athleticism and team spirit.

**TWEEN GIRLS RUN DAY: WEDNESDAY TIME: 4:00PM-5:00PM**

Empower and thrive with our tween girls' run program! Tailored for youth ages 10-13 who identify as female, promoting fitness, confidence, and camaraderie through fun activities.

**YOUTH GIRLS RUN DAY: WEDNESDAY TIME: 5:30PM-6:30PM**

Step up your endurance with our youth girls' run program! Catered for ages 14 and up, fostering fitness, skill development, and unity in a supportive and engaging environment.

**TWEEN SOCCER DAY: THURSDAY TIME: 4:00PM-5:30PM**

Kick-start your soccer journey with our tween soccer program! Tailored for kids ages 10-13, focusing on skill-building, teamwork, and a passion for the beautiful game.

**STEP-IT-UP DAY: THURSDAY TIME: 4:00PM-5:30PM**

Step into the rhythm with 'Step-It-Up' dance program! Designed for youth ages 10+, immerse yourself in the vibrant South Asian dance style, blending tradition, grace, and expression.

**F.I.I.T DAY: THURSDAY TIME: 6:00PM-7:00PM**

Boost your fitness journey with our youth fitness program! Tailored for ages 13+, promoting strength, endurance, and healthy habits in a fun and supportive environment.

## Life Skills & Development Programs

1321 Neilson Road

**CHOICES DAY: TUESDAY TIME: 4:00PM-5:30PM**

A certified program engaging with youth ages 11-17 about making healthy choices that support our mental health! To learn more, contact Alyssa at [youthcounsellor@mfr.org](mailto:youthcounsellor@mfr.org)

**DIGITAL CANVAS DAY: WEDNESDAY TIME: 4:00PM-5:00PM**

Join us VIRTUALLY to create your own art using online platforms/multimedia. To learn more, contact Thilaksion at [tkumariah@mfr.org](mailto:tkumariah@mfr.org)

**LEARNING HUB DAY: MON-FRI TIME: 4:00-5:30**

HIGH SCHOOL VOLUNTEERS NEEDED! Sign up to volunteer as an academic support person to help kids ages 6-12 with homework and life skills. Email Stephanie [sdoodnauth@mfr.org](mailto:sdoodnauth@mfr.org)

**LEARNING HUB/2.0 DAY: THURSDAY TIME: 5:00PM-7:00PM**

An after school academic support program for ages 6-18. Please email Stephanie at least 1 week in advance if you would like to access this service. [sdoodnauth@mfr.org](mailto:sdoodnauth@mfr.org)

**LEAD MALVERN DAY: FRIDAY TIME: 6:00PM-7:00PM**

LEAD (Learn, Engage, Advocate, Do) is a youth-led advocacy group that address social and political issues within the Malvern community. Take The Lead Today! To apply for a position with LEAD, contact Shaniqua [swright@mfr.org](mailto:swright@mfr.org)

**FOOTPRINTS NEW PROGRAM!**

Footprints is a career mentorship program for young people to be mentored by a professional in their desired career field. Meet with your mentor at a time and day(s) of the week that are convenient to your schedule.

Interested in being a mentor or mentee, please contact Shaniqua [swright@mfr.org](mailto:swright@mfr.org)

### FIND US AT:

