



YOUTH PROGRAMS - FALL



September-December 2024

BECOME A MEMBER AND JOIN OUR PROGRAMS

CHECK OUT OUR YOUTH HUBS!

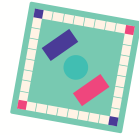
A safe space for youth to meet peers and connect with staff. Join us for art, video games, socialising and more!
Open for youth ages 12-25



1321 Neilson Road

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

MONDAY Drop-In
Monopoly Mondays



TUESDAY Drop-In
Pushing the Envelope Movie Program
(Bi-Weekly)
3:30pm-7:00pm



WEDNESDAY Drop-In
Photography Program: 5:30pm-7:00pm



THURSDAY Drop-In

FRIDAY Drop-In
Food Fridays: 4:00pm-6:00pm



110 Empringham Dr. Unit 214

Open Monday-Wednesday 2:00pm-7:00pm

Saturdays 11:00am-4:00pm

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

MONDAY Drop-In: 2pm-7pm
Master Chef: 5:00pm-7:00pm



TUESDAY Drop-In: 2pm-7pm
Dj Program 4pm-6pm



WEDNESDAY Drop-In: 3pm-7pm
Basketball Program 5pm-7pm



SATURDAY Drop-In: 11am-4pm
Mastermind Arts 2pm-4pm



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: 5:30PM-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-9:00PM
Elevate your game with our youth basketball program! Tailored for ages 14 and up, focusing on advanced skills, strategy, and competitive play.		
VOLLEYBALL	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 REC	DAY: WEDNESDAY	TIME: 4:00PM-5:30PM
Tailored for youth ages 10-13 who identify as female; girls rec will promote fitness, confidence, and camaraderie through fun activities and exploration of different sports!		
YOUTH GIRLS REC	DAY: WEDNESDAY	TIME: 5:30PM-7:00PM
Tailored for youth ages 14 - 18 who identify as female; girls rec will promote fitness, confidence, and camaraderie through fun activities and exploration of different sports!		
TWEEN SOCCER	DAY: THURSDAY	TIME: 4:30PM-6:00PM
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.		
BADMINTON DROP-IN	DAY: THURSDAY	TIME: 6:00PM-7:00PM
Enjoy friendly games of badminton with peers, creating community, meeting new people and having fun!		

For Volunteer Hours
contact Lauren:
lgallacher@mfr.org



Life Skills & Development Programs

QUIET VOICES	DAY: MONDAY	TIME: 5:30PM-6:30PM
Discuss the diverse experiences of young women in a supportive space creating empowerment and community (AGES: 16-21 / @ 1321 NEILSON RD.)		
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		
FOOTPRINTS CAREER & MENTORSHIP PROGRAM		
A program aimed to support young people with career development as they are connected with a mentor from a career field of their choice!		

Special Events

To stay up to date as we release more information about our events, follow us on Instagram @mfrcyouth

SPIRIT WEEK (1321 NEILSON RD.)	SEPTEMBER 23 - 27
HALLOWEEN HAUNTED HOUSE (1321 NEILSON RD.)	OCTOBER 31
WINTERFEST	DECEMBER
EMPRINGHAM HALLOWEEN PARTY	OCTOBER 26
YOUTH P.A. DAY EXTRAVAGANZAS (1321 NEILSON RD.)	OCT 11 / NOV 15 / NOV 29

FIND US AT:

