



# YOUTH PROGRAMS - WINTER



January-March 2025

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

### 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

### 1321 Neilson Road

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

**MONDAY** Drop-In  
Monopoly Mondays



**TUESDAY** Drop-In  
Pushing the Envelope Movie Program  
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  
Emp Bakes 5pm-7pm



**WEDNESDAY** Drop-In: 3pm-7pm  
Mind Matters 5pm-7pm



**SATURDAY** Drop-In: 11am-4pm

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

<b>TWEEN BASKETBALL</b>	<b>DAY: MONDAY</b>	<b>TIME: 5:30PM-7:30PM</b>
Drop-In program for youth ages 10-13 to develop skills, teamwork, and a love for the game		
<b>YOUTH BASKETBALL</b>	<b>DAY: MONDAY</b>	<b>TIME: 7:30PM-9:00PM</b>
Drop-In program for youth ages 14 and up, focusing on advanced skills, strategy, and competitive play.		
<b>VOLLEYBALL</b>	<b>DAY: TUESDAY</b>	<b>TIME: 4:30PM-7:00PM</b>
Drop-in program for youth ages 14 and up. Learn volleyball 101 and participate in seasonal tournaments!		
<b>TWEEN GIRLS REC</b>	<b>DAY: WEDNESDAY</b>	<b>TIME: 4:00PM-5:30PM</b>
Drop-In for girls ages 10-13 to promote fitness, confidence, and camaraderie through fun activities and exploration of different sports!		
<b>YOUTH GIRLS REC</b>	<b>DAY: WEDNESDAY</b>	<b>TIME: 5:30PM-7:00PM</b>
Drop-In for girls ages 14 - 18 to promote fitness, confidence, and camaraderie through fun activities and exploration of different sports!		
<b>TWEEN SOCCER</b>	<b>DAY: THURSDAY</b>	<b>TIME: 4:00PM-5:15PM</b>
Drop-In for kids ages 10-13, focusing on skill-building, teamwork, and a passion for the beautiful game. In partnership with the DeRo Foundation		
<b>BADMINTON DROP-IN</b>	<b>DAY: THURSDAY</b>	<b>TIME: 5:30PM-7:00PM</b>
Drop-In program for youth ages 12-18. Join us for friendly badminton games		
<b>TWEEN CRICKET</b>	<b>DAY: FRIDAY</b>	<b>TIME: 4:00PM-5:15PM</b>
Youth ages 10-13 learn the fundamentals in the sport of cricket. Supported by Scarborough Cricket Association		
<b>YOUTH CRICKET</b>	<b>DAY: FRIDAY</b>	<b>TIME: 5:30PM-7:00PM</b>
Youth ages 14-18 learn the fundamentals in the sport of cricket. Supported by Scarborough Cricket Association		

## Life Skills & Development Programs

<b>QUIET VOICES</b>	<b>DAY: MONDAY</b>	<b>TIME: 2:00PM-3:00PM</b>
Discuss the diverse experiences of young women in a supportive space creating empowerment and community (AGES: 16-21 / @ 1321 NEILSON RD.)		
<b>LEAD MALVERN</b>	<b>DAY: FRIDAY</b>	<b>TIME: 6:00PM-7:00PM</b>
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		
<b>FOOTPRINTS CAREER &amp; MENTORSHIP PROGRAM</b>		
A program aimed to support young people with career development as they are connected with professionals in different career paths		

## Special Events

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

<b>BACK HISTORY MONTH EVENT</b>	<b>FEBRUARY</b>
<b>MARCH BREAK</b>	<b>MARCH 10TH-14TH</b>
<b>YOUTH P.A. DAY EXTRAVAGANZAS (1321 NEILSON RD.)</b>	<b>JANUARY 17TH</b>

## Volunteer With Us!

Contact Shaniqua at swright@mfr.org to hear about our volunteer opportunities!

FIND US AT:

