



January 2023

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@TheZone_StridesTO



Helping children, youth
and families thrive

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	03	04	05	06
Closed	Closed	Closed	Closed	Closed
09	10	11	12	13
3:30-5 Newcomer Program 3-5 Drop in/ Homework Help 4-5 Youth Champions 4:30-7 Chop It Like It's Hot	2-6 Zone Food Mart 3-6 Volunteer 3:30-5 Studio 2 4-6 Youth Voices in Leadership	3:30-5 Newcomer Program 5:30-7:30 The Maker's Space	3-5 Drop in/ Homework Help 3:30-5 Studio 2 4:30-7 Artists in the 6ix	3-7 Youth Council Drop In
16	17	18	19	20
4-6 Newcomer Program 3-5 Drop in/ Homework Help 4:30-7 Chop It Like It's Hot	2-6 Zone Food Mart 3-6 Volunteer 3:30-5 Studio 2 4-6 Youth Voices in Leadership	3:30-5 Newcomer Program 5:30-7:30 The Maker's Space	3-5 Drop in/ Homework Help 3:30-5 Studio 2 4:30-7 Artists in the 6ix	3-7 Youth Council Drop In
23	24	25	26	27
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30	31			
4-6 Newcomer Program 3-5 Drop in/ Homework Help 4:30-7 Chop It Like It's Hot	2-6 Zone Food Mart 3-6 Volunteer 3:30-5 Studio 2 4-6 Youth Voices in Leadership			Saturdays Homecoming 11-2 Sundays Young Women In Action 2-5

Funded by:

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Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



United Way
Greater Toronto





The Zone Youth Space

A space where youth can come to create, connect, learn, and inspire!

Drop In

Stop by or register to attend a workshop, activity or to use the space. Follow The Zone on Instagram @TheZone_StridesTO for up-to-date information about what is happening in the space. Questions? Contact Jessica M. at jmyers@stridestoronto.ca

Youth Voices in Leadership

A peer-to-peer youth development program focused on prevention and harm reduction. Participants receive training on safe partying, substance use, conflict resolution and mental health. Each group runs for 10 weeks. Contact Emma easpinall@stridestoronto.ca

Studio 2 Multimedia

Multimedia training that supports youth in the development of multimedia skills as well as social skills, with an emphasis on media literacy, employability skills and mental wellness. Current workshops include photography, beat making and music engineering and recording. Each group is 8 weeks. Contact Sea to register. smauricette@stridestoronto.ca

Newcomer Youth Engagement Program (NYEP)

Programming for youth 12-21 years old who are Newcomers to Canada and are Permanent Residents or Conventional Refugees. Providing FREE weekly activities that include community outings, volunteer opportunities, job readiness, sports, and mental health workshops. Contact Shetal to register. ssingh@stridestoronto.ca

Volunteer Program

Providing community service hours towards high school or probation. Volunteers take part in a variety of activities including community cleanups and social impact and multimedia projects. Contact Monique to register. mbalbuena@stridestoronto.ca

ChopIt Like Its Hot

Learn how to make basic, healthy, affordable meals, and how to shop on a budget. Contact Jermeen to register. Jermeen.Baddour@toronto.ca

Artist in the 6ix

Learn and make art in its many forms- drawing, painting, sculpture, printmaking, glass painting etc. contact Jermeen to register. Jermeen.Baddour@toronto.ca

The Maker's Sapce

DIY projects, customizing clothes, food challenges, and opportunities for personal and career development. Contact Jermeen to register. Jermeen.Baddour@toronto.ca

Young Women in Action (YWIA)

connect teen girls in a safe space where they are able to express themselves. Weekly workshops, themed discussions, trips and community initiatives. Contact Jermeen to register. Jermeen.Baddour@toronto.ca

Zone Food Mart

A food security program supporting youth and families. Contact Monique to Register. mbalbuena@stridestoronto.ca

Homecoming Program

An empowerment, engagement and career mentorship program designed to address the impacts of anti-black racism on Black youth ages 20-25 Contact Jermeen to register. Jermeen.Baddour@toronto.ca

BSTR

EmploymentBuilding Skills Through Recreation is an employment program for youth 16-24 years old. Learn interview tips, how to build a resume, customer service and other skills to help you apply for City of Toronto Recreation jobs. Contact Jermeen to register. Jermeen.Baddour@toronto.ca

Youth Wellness Hubs (YWHO)

Youth Wellness Hubs offer Integrated mental health and substance use services with primary care, vocational and housing support, among other community services. Strides Toronto has two locations, one In Scarborough and one In East Toronto.

Scarborough

Contact SCYWHO@stridestoronto.ca

TorontoEast

Contact TEYWHO@stridestoronto.ca