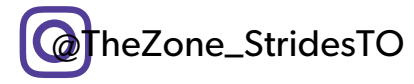




# SEPTEMBER 2023

**Address:** 1200 Markham Rd. Suite 313 **Phone:** 416-438-3697  
**Email:** lindsay.wheelans@stridestoronto.ca



Helping children, youth and families thrive

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>05</b> 2-4:30 Zone Food Mart	<b>06</b> <b>CLOSED</b>	<b>07</b> <b>CLOSED</b>	<b>08</b> <b>CLOSED</b>
<b>11</b> 3-5 Drop In/Homework Help 5-7:30 Chop It Like It's Hot	<b>12</b> 2-4:30 Zone Food Mart 6:30-8:30 2SLGBTQ YAC	<b>13</b> 3-5 Drop In/Homework Help 5-7:30 The Maker's Space	<b>14</b> 3-5 Drop In/ Homework Help 5-7:30 Artists in the 6ix 5-6:30 Peer Support Group	<b>15</b> 3-5 Drop In/Homework Help 5-8:30 Youth Council
<b>18</b> 3-5 Drop In/Homework Help 5-7:30 Chop It Like It's Hot	<b>19</b> 2-4:30 Zone Food Mart 6:30-8:30 2SLGBTQ YAC	<b>20</b> 3-5 Drop In/Homework Help 5-7:30 The Maker's Space	<b>21</b> 3-5 Drop In/ Homework Help 5-7:30 Artists in the 6ix 5-6:30 Peer Support Group	<b>22</b> 3-5 Drop In/Homework Help 5-8:30 Youth Council
<b>25</b> 3-5 Drop In/Homework Help 5-7:30 Chop It Like It's Hot	<b>26</b> 2-4:30 Zone Food Mart 6:30-8:30 2SLGBTQ YAC	<b>27</b> 3-5 Drop In/Homework Help 5-7:30 The Maker's Space	<b>28</b> 3-5 Drop In/ Homework Help 5-7:30 Artists in the 6ix 5-6:30 Peer Support Group	<b>29</b> 3-5 Drop In/Homework Help 5-8:30 Youth Council
				<b>Saturdays</b> Preteen Drop In 3-6 (ages 11-12)

Funded by: Financé par :



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**

### 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**

### 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 **ssingh@stridestoronto.ca**

### 2SLGBTQ Youth Advisory Council

For youth aged 13-24 who identify with the 2SLGBTQ community and allies. Group discussions, workshops and support city wide special events and the Drag Master class. Contact

**Jermeen.Baddour@toronto.ca**

### ChopIt Like Its Hot

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

### The Maker's Space

DIY projects, customizing clothes, food challenges, and opportunities for personal and career development. Contact

**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.Baddour@toronto.ca**

### BSTR

Building 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.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**