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Strides
TORONTO

Helping children, youth
and families thrive

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SATURDAY: Homecoming (11am-3pm) TWEEN Drop In (3pm-6pm)</p> <p>SUNDAY: YWIA (2pm-5pm)</p>		<p>1 Studio 2 – Intro to Pro Tools (3pm-5pm) Drop In (3pm-5pm) The Maker’s Space (5-7:30pm)</p>	<p>2 Studio 2-Digital Photography (3pm-5pm) Tween Drop In (3pm-6pm) Artist in the 6IX! (4pm-6:30pm) YWHO @ What’s Up Walk In (12pm-8pm)</p>	<p>3 Drop In (3pm-5pm) Youth Council (4pm-7:30pm)</p>
<p>6 YWHO @ What’s Up Walk In (2pm-8pm) Drop In (3pm-5pm) Chop It Like It’s Hot! (5pm-7:30pm)</p>	<p>7 Studio 2-Intro to Podcasting(3pm-5pm) ZONE Food Mart (1pm-4pm)</p>	<p>8 Studio 2 – Intro to Pro tools (3pm-5pm) Drop In (3pm-5pm) The Maker’s Space (5-7:30pm)</p>	<p>9 Studio 2-Digital Photography (3pm-5pm) Tween Drop In (3pm-6pm) Artist in the 6IX! (4pm-6:30pm) YWHO @ What’s Up Walk In (12pm-8pm)</p>	<p>10 Drop In (3pm-5pm) Youth Council (4pm-7:30pm)</p>
<p>13 YWHO @ What’s Up Walk In (2pm-8pm) Drop In (3pm-5pm) Chop It Like It’s Hot! (5pm-7:30pm)</p>	<p>14 Studio 2-Intro to Podcasting(3pm-5pm) ZONE Food Mart (1pm-4pm)</p>	<p>15 Studio 2 – Intro to Pro tools (3pm-5pm) Drop In (3pm-5pm) The Maker’s Space (5-7:30pm)</p>	<p>16 Studio 2-Digital Photography (3pm-5pm) Tween Drop In (3pm-6pm) Artist in the 6IX! (4pm-6:30pm) YWHO @ What’s Up Walk In (12pm-8pm)</p>	<p>17 Drop In (3pm-5pm) Youth Council (4pm-7:30pm)</p>
<p>20 YWHO @ What’s Up Walk In (2pm-8pm) Drop In (3pm-5pm) Chop It Like It’s Hot! (5pm-7:30pm)</p>	<p>21 Studio 2-Intro to Podcasting(3pm-5pm) ZONE Food Mart (1pm-4pm)</p>	<p>22 Studio 2 – Intro to Pro tools (3pm-5pm) Drop In (3pm-5pm) The Maker’s Space (5-7:30pm)</p>	<p>23 Studio 2-Digital Photography (3pm-5pm) Tween Drop In (3pm-6pm) Artist in the 6IX! (4pm-6:30pm) YWHO @ What’s Up Walk In (12pm-8pm)</p>	<p>24 Drop In (3pm-5pm) Youth Council (4pm-7:30pm)</p>
<p>27 YWHO @ What’s Up Walk In (12pm-8pm) Drop In (3pm-5pm) Chop It Like It’s Hot! (5pm-7:30pm)</p>	<p>28 Studio 2-Intro to Podcasting(3pm-5pm) ZONE Food Mart (1pm-4pm)</p>	<p>29 Studio 2 – Intro to Pro tools (3pm-5pm) Drop In (3pm-5pm) The Maker’s Space (5-7:30pm)</p>	<p>30 Studio 2-Digital Photography (3pm-5pm) Tween Drop In (3pm-6pm) Artist in the 6IX! (4pm-6:30pm) YWHO @ What’s Up Walk In (12pm-8pm)</p>	

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Immigration, Refugees and Citizenship Canada

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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 Lindsay W. at lindsay.wheelans@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. monique.balbuena@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 Sean to register. sean.mauricette@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 Kasthuri at

kasthuri.jeyaraj@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

Artistinthe6ix

Learn and make art in its many forms- drawing, painting, sculpture, printmaking, glass painting etc. Contact

Jermeen.Baddour@toronto.ca

TheMaker's Space

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

Jermeen.Baddour@toronto.ca

Zone Food Mart

A food security program supporting youth and families.

Contact Lindsay W. to Register. zonefoodmart@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

YouthWellnessHubs(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

Toronto East

Contact TEYWHO@stridestoronto.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