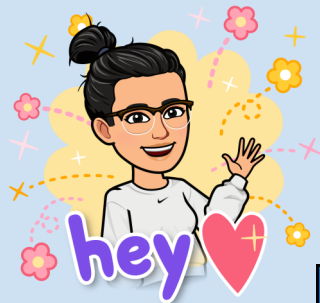


FREE!

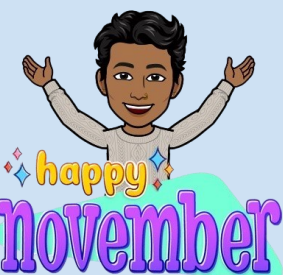
NOVEMBER CALENDAR 2024


NEWCOMER YOUTH PROGRAM





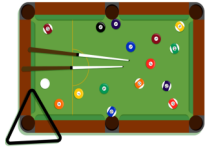





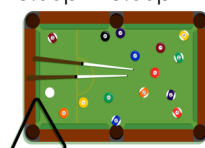





ELIGIBILITY:

- ⇒ Newcomer youth (12-21 years)
- ⇒ Permanent Resident / Conventional Refugee Status



CONTACT 
416-438-3697
Reception: ext. 0
Poni: 416-525-9280
Ketussa: 437-432-2951
Tanya: Coming Soon!

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Drop-In (The Zone) 3:00pm-5:00pm 	5	6 Talk the Talk Professional Skills 3:30pm-5:30pm 	7 Health & Wellness: Clay Sculpting 3:50 pm-6:00 pm 	8 Credit 101 4:00pm-6:00 pm 
11 Drop-In (The Zone) 3:00pm-5:00pm 	12 Engaged for Change 4:00pm-6:00pm 	13	14	15 Bowling 12:30 pm - 2:30 pm 
18	19	20 Talk the Talk Professional Skills VIRTUAL 3:30pm-5:30pm 	21 Engaged for Change VIRTUAL 3:45 pm-5:45 pm 	16 Centennial College Open House 10:00 am - 2:00 pm 
25 Drop-In (The Zone) 3:00pm-5:00pm 	26	27 YMCA Fitness Class 3:30pm - 5:30 pm 	28 Chef it up Rice Crispy Treats 3:45pm - 5:30 pm 	22 29 Health & Wellness: Vision Boards 12:00 pm - 2:00 pm 

YOUNG AND NEW TO CANADA? YOU'RE NOT ALONE!

FREE!

CLAY SCULPTING

Unleash your creativity with Clay Sculpting! Shape, mold, and design your **own unique** clay creation. This is a **relaxing**, hands-on way to de-stress, express yourself, and take home a piece of art that's completely your own.

TALK THE TALK: PROFESSIONAL SKILLS

Want to level up your **workplace communication**? In this session, you'll learn how to use **professional language**, **write clear emails**, and confidently handle **interviews or formal conversations**. It's a workshop that gives you practical tips for real-world **success**.

CREDIT 101

Understanding how **credit** works is key to managing your **finances**. In this workshop learn the difference between **credit and debit**, how to use credit **responsibly**, and tips for making safe online payments.

CENTENNIAL COLLEGE OPEN HOUSE

Come with us to check out what **Centennial College** has to offer!

ENGAGED FOR CHANGE

Join us for **volunteering** and earn some hours for your school. Each week we will have different volunteer opportunities.

BOWLING

Take a break and have some fun! Join us for a **bowling outing** where you can chill with friends, enjoy some **friendly competition, and show off your skills**.

YMCA FITNESS CLASS

Ready to get **moving** and stay **active**? Join us for a fun **and energizing** fitness class at the **YMCA**! Whether you're a beginner or have experience, this class is designed to help you stay fit, build strength, and improve your overall well-being.

VISION BOARD MAKING

Take some time to **reflect** and set your **goals** with Vision Board Making! Gather your **ideas, dreams, and inspirations** to create a personalized board that helps you visualize your future.

CHEF IT UP- RICE KRISPY TREAT MAKING

Let's get **festive**! We'll be making **holiday-themed Rice Krispy treats** that you can **shape, decorate**, and, of course, **eat**!



LOCATION

1200 Markham Rd.
Room 313
Scarborough, ON
M1H 3C3



TRANSIT INFO

Ellesmere & Markham Rd.
Bus #:
902, 102, 38, 938
133, 95, 995



MESSAGE US ON:

Instagram: @nyep_stridesto
Email us at: nyep@stridestoronto.ca
Website: www.stridestoronto.ca



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