



# January 2025

**Address:** 100 Consilium Place Suite 102 **Phone:** 416-438-3697  
**Email:** jessica.myers@stridestoronto.ca

@TheZone\_StridesTO

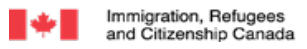


Helping children, youth  
and families thrive

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1-5 Study Time &amp; Drop-In 5:30- 8 Hair Braiding 6-8 Music Engineering</p> <p style="text-align: right;">6</p>	<p>11:30-2 Zone Food Mart 3-5 Study Time &amp; Drop-in 5-6:30 AMPED Arts 5- 7 Young Women's Drop-In</p> <p style="text-align: right;">7</p>	<p>3-6 Neuro-Diverse Drop-In 5-7 Artists in the 6ix</p> <p style="text-align: right;">8</p>	<p>1-8 Study Time &amp; Drop-In 4-6 Makers Space</p> <p style="text-align: right;">9</p>	<p>3-8 Study Time &amp; Drop-In</p> <p style="text-align: right;">10</p>
<p>1-5 Study Time &amp; Drop-In 5:30- 8 Hair Braiding 6-8 Music Engineering</p> <p style="text-align: right;">13</p>	<p>11:30-2 Zone Food Mart 3-5 Study Time &amp; Drop-in 5-6:30 AMPED Arts 5- 7 Young Women's Drop-In</p> <p style="text-align: right;">14</p>	<p>3-6 Neuro-Diverse Drop-In 5-7 Artists in the 6ix</p> <p style="text-align: right;">15</p>	<p>1-8 Study Time &amp; Drop-In 4-6 Makers Space</p> <p style="text-align: right;">16</p>	<p>3-8 Study Time &amp; Drop-In</p> <p style="text-align: right;">17</p>
<p>1-5 Study Time &amp; Drop-In 5:30- 8 Hair Braiding 6-8 Music Engineering</p> <p style="text-align: right;">20</p>	<p>11:30-2 Zone Food Mart 3-5 Study Time &amp; Drop-in 5-6:30 AMPED Arts 5- 7 Young Women's Drop-In</p> <p style="text-align: right;">21</p>	<p>3-6 Neuro-Diverse Drop-In 5-7 Artists in the 6ix</p> <p style="text-align: right;">22</p>	<p>1-8 Study Time &amp; Drop-In 4-6 Makers Space</p> <p style="text-align: right;">23</p>	<p>3-8 Study Time &amp; Drop-In</p> <p style="text-align: right;">24</p>
<p>1-5 Study Time &amp; Drop-In 5:30- 8 Hair Braiding 6-8 Music Engineering</p> <p style="text-align: right;">27</p>	<p>11:30-2 Zone Food Mart 3-5 Study Time &amp; Drop-in 5-6:30 AMPED Arts 5- 7 Young Women's Drop-In</p> <p style="text-align: right;">28</p>	<p>3-6 Neuro-Diverse Drop-In 5-7 Artists in the 6ix</p> <p style="text-align: right;">29</p>	<p>1-8 Study Time &amp; Drop-In 4-6 Makers Space</p> <p style="text-align: right;">30</p>	<p>3-8 Study Time &amp; Drop-In</p> <p style="text-align: right;">31</p>
				<p><b>Saturdays</b> 11-3 Homecoming Program</p>

Funded by:

Financé par :





## 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.

### Neuro-Diverse Drop In

A drop-in program for Neuro-Diverse individuals and allies to connect with others.

### Young Women's Drop In

A drop-in program for young women and young women identifying individuals to connect with others.

Contact [Jessica.myers@stridestoronto.ca](mailto:Jessica.myers@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.

Contact [sean.mauricette@stridestoronto.ca](mailto: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 [Tanya.Gupta@stridestoronto.ca](mailto:Tanya.Gupta@stridestoronto.ca)

### Hair Braiding

### ArtistintheSix

Learn and make art in its many forms- drawing, painting, sculpture, printmaking, glass painting etc. Participants will have the opportunity to showcase their artwork at the Artist of the 6ix Youth Week Gala.

### The Maker's Space

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

### Amped Arts

Learn how to develop the skills to create their own films, videos, and photography.

### 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 [Kavi.Parameswaran@toronto.ca](mailto:Kavi.Parameswaran@toronto.ca)

### Zone Food Mart

A food security program supporting youth and families.

Contact [Emma.Aspinall@stridestoronto.ca](mailto:Emma.Aspinall@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 Kiru to register.

Contact [Kirushiya.vimalachandran@stridestoronto.ca](mailto:Kirushiya.vimalachandran@stridestoronto.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](mailto:SCYWHO@stridestoronto.ca)

### Toronto East

Contact [TEYWHO@stridestoronto.ca](mailto:TEYWHO@stridestoronto.ca)