

SEPTEMBER 2026



 100 CONSILIUM PL, GROUND FLOOR SUITE #102
 JESSICA.MYERS@STRIDESTORONTO.CA
 SCARBOROUGH_YOUTHUB *Follow us*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	01 1-5 FOOD MART 3-6 DROP-IN 4:30-6PM RAINBOW CONNECTIONS 	02 3-6 NEURO DIVERSE DROP-IN 	03 3-6 DROP-IN 4:30-6 PEER SUPPORT	04 CLOSED
07 CLOSED	08 1-5 FOOD MART 3-6 DROP-IN 4:30-6PM RAINBOW CONNECTIONS 	09 3-6 NEURO DIVERSE DROP-IN 	10 3-6 DROP-IN	11 3-6 DROP-IN
14 3-6 DROP-IN	15 1-5 FOOD MART 3-6 DROP-IN 4:30-6PM RAINBOW CONNECTIONS 	16 3-6 NEURO DIVERSE DROP-IN 	17 3-6 DROP-IN	18 3-6 DROP-IN
21 3-6 DROP-IN	22 1-5 FOOD MART 3-6 DROP-IN 4:30-6PM RAINBOW CONNECTIONS 	23 3-6 NEURO DIVERSE DROP-IN 	24 3-6 DROP-IN	25 3-6 DROP-IN
28 3-6 DROP-IN	29 1-5 FOOD MART 3-6 DROP-IN 4:30-6PM RAINBOW CONNECTIONS 	30 3-6 NEURO DIVERSE DROP-IN 		

Funded by:  Immigration, Refugees and Citizenship Canada

Financé par :  Immigration, Réfugiés et Citoyenneté Canada





A SPACE WHERE YOUTH CAN COME TO CREATE, CONNECT, LEARN, AND INSPIRE!



NEURO DIVERSE DROP-IN

Designed for individuals who identify as Neuro-Diverse, our supportive space lets participants engage at their own pace, connect, and explore fun activities.



Jessica.Myerse@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 are photography, beat making and recording studio. Every group is 8 weeks.

TO REGISTER:



Sean.Mauricette@stridestoronto.ca

ZONE FOOD MART

A food security program supporting youth and families.

TO REGISTER:



Emma.Aspinal@stridestoronto.ca

YWHO PEER SUPPORT

Hang with our Peer Supporter Jesse and other group members as we chat about a range of topics while doing activities & eating snacks!



Jesse.Kerr@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.

TO REGISTER:



Tanya.Gupta@stridestoronto.ca

RAINBOW CONNECTIONS

A weekly drop-in group led by a queer-identifying therapist. Talk about what's on your mind, take part in creative activities, and build connections within the Queer community.



Molly.Heintzman@stridestoronto.ca

ALL OF THE PROGRAMS BELOW ARE DROP-INS FOR MORE INFORMATION CONNECT WITH:



Marianne.Comeau@toronto.ca

MAKER'S SPACE

Craft and build with new ideas. Explore tools and materials, get inspired, and let your imagination flow to create something uniquely yours.

ARTIST IN THE 6IX

Learn how to paint, sketch, and customize your own creations! Dive into various artistic techniques and go on inspiring art trips around the city.

HAIR BRAIDING

Celebrate the beauty, and creativity of hair braiding as you learn various techniques to style and care for natural hair with confidence.

MUSIC ENGINEERING

Explore recording, mixing, and producing music as you create beats, master tracks, and gain experience with industry-standard tools.

STUDY TIME/ YOUTH DROP-IN

Unwind, hang out, or get homework done in our lively and welcoming environment. NO REGISTRATION NEEDED