NOVEMBER 2026



100 CONSILIUM PL, GROUND FLOOR SUITE #102

JESSICA.MYERS@STRIDESTORONTO.CA

SCARBOROUGH_YOUTHHUB Follow us

THE ZONE

Strides TORONTO

Helping children, youth and families thrive

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 2-6 DROP-IN 5-7 CHOP IT 5-7 HAIR BRAIDING	**03** 1-5 FOOD MART 3-7 DROP-IN 4:30-6PM RAINBOW CONNECTIONS	**04** 2-3 DROP-IN 3-6 NEURO DIVERSE DROP-IN 5-7 ARTIST IN THE 6IX	**05** 2-4 DROP-IN 4-6:30 DIWALI DINNER PARTY 4:30-6 PEER SUPPORT	**06** 2-7 DROP-IN
09 2-6 DROP-IN 5-7 CHOP IT 5-7 HAIR BRAIDING	**10** 1-5 FOOD MART 3-7 DROP-IN 4:30-6PM RAINBOW CONNECTIONS	**11** 2-3 DROP-IN 3-6 NEURO DIVERSE DROP-IN 5-7 ARTIST IN THE 6IX	**12** 2-7 DROP-IN 4-6 MAKERS SPACE & SEWING 4:30-6 PEER SUPPORT	**13** 2-7 DROP-IN
16 2-6 DROP-IN 5-7 CHOP IT 5-7 HAIR BRAIDING	**17** 1-5 FOOD MART 3-7 DROP-IN 4:30-6PM RAINBOW CONNECTIONS	**18** 2-3 DROP-IN 3-6 NEURO DIVERSE DROP-IN 5-7 ARTIST IN THE 6IX	**19** 2-7 DROP-IN 4-6 MAKERS SPACE & SEWING 4:30-6 PEER SUPPORT	**20** 2-7 DROP-IN
23 2-6 DROP-IN 5-7 CHOP IT 5-7 HAIR BRAIDING	**24** 1-5 FOOD MART 3-7 DROP-IN 4:30-6PM RAINBOW CONNECTIONS	**25** 2-3 DROP-IN 3-6 NEURO DIVERSE DROP-IN 5-7 ARTIST IN THE 6IX	**26** 2-7 DROP-IN 4-6 MAKERS SPACE & SEWING 4:30-6 PEER SUPPORT	**27** 2-7 DROP-IN
30 2-6 DROP-IN 5-7 CHOP IT 5-7 HAIR BRAIDING				

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second harvest

YOUTH space

youth wellness hubs ONTARIO

carrefours bien-être pour les jeunes DE L'ONTARIO

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.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 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.Aspinall@stridestoronto.ca

YWHO PEER SUPPORT

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

Saad.Khan@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

Tuesdays

4:30-6:00 pm

100 Consilium Place, Suite 102

Starting April 7th, 2026

RAINBOW CONNECTIONS

Drop-in group for 2SLGBTQIA+ youth age 12-25

Join us for this weekly 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.

Interested in individual therapy? Identity-affirming counselling for 2SLGBTQIA+ youth is also available. Contact **scywho@stridestoronto.ca**

Questions? Contact molly.heintzman@stridestoronto.ca

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Think you have might have ADHD but don't know who to talk to?

Feel like your neurotypical friends just don't get it?

Then come visit the...

Neuro-Diverse Youth Drop-In

Ages 12-25

100 Consilium Place, Suite 102
Wednesdays 3-6PM



Hangout & Connect with Peers



Snacks Provided



Games & Activities



Contact: Jessica Myers
jessica.myers@stridestoronto.ca for more information

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youth space

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