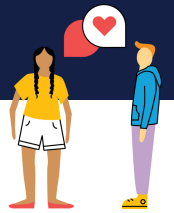




THORNCLIFFE PARK YOUTH WELLNESS HUB



APRIL 2024

PROGRAM DESCRIPTION

Weekly Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 Peer Support Drop-In: 12-4 Games Drop-in (Girls): 3-6 Tutoring: 3:30-6:30 Peer Support Grp.: 5-6:30	3 Laughter Healing Circle (Virtual): 11:30-12 Your Wiser Self: 4-5:30 Games Drop-in: 3-6 Leadership (LDP): 3:30-6:30	4 Green Cafe: 12:30-3 Games Drop-in (Girls): 3-6 Tutoring: 3:30-6:30 Learn to Code: 4-5	5 Green Cafe: 12:30-3 Peer Support Drop-in: 12-4 Games Drop-in: 3-6
8 Green Cafe: 12:30-3 Games Drop-in: 3-6	9 Peer Support Drop-In: 12-4 Games Drop-in (Girls): 3-6 Tutoring: 3:30-6:30 Peer Support Grp.: 5-6:30	10 Laughter Healing Circle (Virtual): 11:30-12 Your Wiser Self: 4-5:30 Games Drop-in: 3-6 Leadership (LDP): 3:30-6:30	11 Green Cafe: 12:30-3 Games Drop-in (Girls): 3-6 Tutoring: 3:30-6:30 Learn to Code: 4-5	12 Green Cafe: 12:30-3 Peer Support Drop-in: 12-4 Games Drop-in: 3-6
15 Green Cafe: 12:30-3 Games Drop-in: 3-6 CVWRP Power of Arts: 4-6	16 *** Drop-in activities cancelled! *** Facing the Future Together: 6:00PM doors open 6:30PM event start	17 Laughter Healing Circle (Virtual): 11:30-12 Your Wiser Self: 4-5:30 Games Drop-in: 3-6 Leadership (LDP): 3:30-6:30	18 Green Cafe: 12:30-3 Games Drop-in (Girls): 3-6 Tutoring: 3:30-6:30 Learn to Code: 4-5	19 Green Cafe: 12:30-3 Peer Support Drop-in: 12-4 Volunteer & Ambassador Appreciation Event: 4-6 *** No games drop in! ***
22 Green Cafe: 12:30-3 Games Drop-in: 3-6 CVWRP Power of Arts: 4-6	23 Peer Support Drop-In: 12-4 Games Drop-in (Girls): 3-6 Tutoring: 3:30-6:30 Peer Support Grp.: 5-6:30	24 Laughter Healing Circle (Virtual): 11:30-12 Games Drop-in: 3-6 Leadership (LDP): 3:30-6:30	25 Green Cafe: 12:30-3 Games Drop-in (Girls): 3-6 Tutoring: 3:30-6:30 Learn to Code: 4-5	26 Green Cafe: 12:30-3 Peer Support Drop-in: 12-4 Games Drop-in: 3-6
29 Green Cafe: 12:30-3 Games Drop-in: 3-6 CVWRP Power of Arts: 4-6	30 Peer Support Drop-In: 12-4 Games Drop-in (Girls): 3-6 Tutoring: 3:30-6:30 Peer Support Grp.: 5-6:30	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>All programs, capacity & times are subject to change. Please call for the most up-to-date information.</p> </div>		

The Community Violence Wellbeing and Recovery Project (CVWRP) Power of Arts: An arts-based mental health program for youth 12-18. Topics change each week and include photography, acting, painting, drumming, and more. Please email hmoahamad@tno-toronto.org or call 647-236-0553 to register.

Games Drop-in: Join us for pool, ping-pong, and simply a safe space to hang out.

Green Cafe: Indulge in the Green Cafe's budget-friendly, freshly cooked, and healthy meals. It's not just about the food; it's a chance to connect with and get to know the vibrant community.

Intergenerational Program: Activities for older adults and youth to increase community connections and support general wellness. Email seniors@tno-toronto.org for detailed calendar.

Learn to code: A 10-week coding class for female and gender diverse youth aged 12+. Learn everything from basic syntax to building your own projects! To register, visit www.bit.ly/LearnToCode24

Laughter Healing Circle: Laugh together through laughter exercises known as laughter yoga. No experience needed. To register, contact Hanan at 647-236-0553 or hmohamed@tno-toronto.org

LDP, Leadership Development Program: Life and leadership training, post-secondary and resume, tutoring and more. Limited space! To register, visit www.tinyurl.com/youthldp.

Peer Support Drop-in: Our Peer Support Workers can help you navigate your personal challenges and help you access the resources you need. For youth aged 14-26 years. Email tmartin@loftcs.org for details.

Peer Support Group: In-person peer support group to discuss challenges in a safe space and receive support from leaders and participants. For youth aged 14-26 years. Email dteka@loftcs.org for details.

Tutoring: Empower your academic journey with personalized support in subjects like Math, Science, English and various other disciplines. For youth aged 12-19 years. For details, contact kmorgan@tno-toronto.org.

Your Wiser Self: Get help regulating your emotions, improve interpersonal relationships, and develop effective coping skills in a group setting. For youth aged 16-20 years. Registration required.

Daily Onsite Integrated Youth Services

Care Coordination: A care coordinator is here to assist with a range of social and wellness services, including housing and settlement, offering comprehensive support tailored to your needs.

Clinicians: Clinicians are on site for short-term primary care, medicine, sexual health, and psychiatry. To see a clinician, please register by emailing us at thorncliffe@youthhubs.ca.

Employment Counsellors: Employment counsellors offer personalized one-on-one assistance, covering job search strategies, and a host of additional resources to enhance your career journey.

Food Collaborative: Free access to fresh produce, eggs, dairy products, and culturally appropriate food twice a month. Open Tue-Fri, 9a-7p for local residents. To register, email fbreception@tno-toronto.org.

Wellness Counselling: Wellness counsellors are available via walk-in and scheduled services to talk to you about stress, worries, low moods, harm reduction, and more.

Off-site Youth Programs: Get ready for some high-energy, offsite fun! Join us for basketball, hockey, volleyball, skating, and more. For inquiries and registration, please email bparkh@tno-toronto.org.

Trades Connect: Trades Connect offers pathways to construction, industrial transportation, and IT, including training in safety, cyber security, and more. Email trades@tno-toronto.org for details.



Visit us: 45 Overlea Blvd. Unit 1A (East York Town Centre, use entrance #6)
Call: 416-421-8397 Ext: 5000
Email: thorncliffe@youthhubs.ca

