



# YOUTH PROGRAMS - FALL



September – December 2025

Become a member and  
join our programs




## CHECK OUT OUR YOUTH HUBS!

A safe space for youth to meet peers and connect with staff. Join us for art, video games, socialising and more!  
Open for youth ages 12–25


### 1321 Neilson Road

Open Monday - Friday 3:00 - 7:00 PM



#### MONDAY

Drop-In: 3:00 - 7:00 PM   
Monopoly Mondays | 4:00 PM


#### TUESDAY

Drop-In: 3:00 - 7:00 PM   
Pushing the Envelope Movie Program  
Weekly | 4:00 PM


#### WEDNESDAY

Bodhi in the Brain Mindfulness | 16+   
Oct 1 - Nov 5 | 5:00 - 7:00 PM  
Decked Out: Skateboard Art Program  
3:00 - 5:00 PM 

#### THURSDAY

Drop-In: 3:00 - 7:00 PM   
Karaoke Night | 5:00 PM


#### FRIDAY

Drop-In: 3:00 - 7:00 PM   
Food Fridays | 4:00 PM


### 110 Empringham Dr. Unit 214

Open Monday-Wednesday - 3:00 - 7:00 PM  
Saturdays - 11 AM - 4 PM


#### MONDAY

Drop-In: 3:00 - 7:00 PM   
Chef Mode: Air Fryer Edition 4:00 - 6:00 PM

#### TUESDAY

Drop-In: 3:00 - 7:00 PM   
Video Game Tournament:  
First Tuesday of every month | 4:00 - 7:00 PM

#### WEDNESDAY

Drop-In: 3:00 - 7:00 PM   
Entrepreneurship Sparks 4:00 - 6:00 PM

#### SATURDAY

Drop-In: 11:00 AM - 4:00 PM

## Contact Us

For General Inquiries:

**Anjali**, Youth Manager  
416 284 4184 ext. 253  
agaaur@mfrc.org

For Youth Hub Inquiries:

**Intasar**, Youth Program Coordinator  
437-324-9379  
imir@mfrc.org

For Sports Inquiries:

**Randy**, Youth Rec Coordinator  
rblackwood@mfrc.org

For counselling services:

**Alyssa** | 416 284 4184 ext. 227  
youthcounsellor@mfrc.org  
**Fiona** | 416-284-4184 ext. 235  
mhacounsellor@mfrc.org

For youth outreach workers:

**Morgan** | 416 559 5974  
morgan@mfrc.org  
**Niyasan** | 416-779-5975  
niyasan@mfrc.org

event  
calendar  
QR code

Check out our events  
calendar here!

Check out more MFRC  
programs and services!







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## Sports and Rec Programs

**TWEEN BASKETBALL** DAY: MONDAY TIME: 6:00PM-7:30PM

Drop-In program for youth ages 10-13 to develop skills, teamwork, and a love for the game

**YOUTH BASKETBALL** DAY: MONDAY TIME: 7:30PM-9:00PM

Drop-In program for youth ages 14 and up, focusing on advanced skills, strategy, and competitive play.

**VOLLEYBALL** DAY: TUESDAY TIME: 5:00PM-7:00PM

Drop-in program for youth ages 14 and up. Learn volleyball 101 and participate in seasonal tournaments!

**TWEEN GIRLS REC** DAY: WEDNESDAY TIME: 4:00PM-5:30PM

Drop-In for girls ages 10 - 13 to promote fitness, confidence, and camaraderie through fun activities and exploration of different sports!

**YOUTH GIRLS REC** DAY: WEDNESDAY TIME: 5:30PM-7:00PM

Drop-In for girls ages 14-18 to promote fitness, confidence, and camaraderie through competitive play and scrimmage

**BADMINTON DROP-IN** DAY: THURSDAY TIME: 5:00PM-7:00PM

Drop-In program for youth ages 12-18. Join us for friendly badminton games

## Life Skills & Leadership Programs

**LEAD MALVERN** DAY: FRIDAY TIME: 4:30PM-5:30PM

LEAD (Learn, Engage, Advocate, Do) is a youth-led advocacy group that addresses social and political issues within the Malvern community. Take The Lead Today!

To apply for a position with LEAD, contact Shaniqua swright@mfrc.org

## Special Events

To stay up to date as we release more information about our events, follow us on Instagram @mfrcyouth

**P.A. DAY EXTRAVAGANZA** SEPT 26 / OCT 10 / NOV 14

**ORANGE SHIRT DAY** SEPTEMBER 30

**EMPRINGHAM HALLOWEEN PARTY** OCTOBER 29

**HALLOWEEN JAM** OCTOBER 31

**HOLIDAY TRIO FESTIVAL** DECEMBER 16 -18

**EMPRINGHAM HOLIDAY PARTY** DECEMBER 17

**YOUTH HOLIDAY DINNER** DECEMBER 19

## Volunteer With Us!

Contact Shaniqua at swright@mfrc.org to hear about our volunteer opportunities!

Find Us @

