



YOUTH PROGRAMS - WINTER

January - March 2026

CHECK OUT OUR YOUTH HUBS!

A safe space for youth to meet peers and connect with staff. Join us for art, movies, socialising and more!

Open for youth ages 12-25

110 Empringham Dr. Unit 214

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

MONDAY

Drop-In: 3:00 - 4:00 PM
Empringham Eats | 4:00 - 6:00 PM



TUESDAY

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



WEDNESDAY

Drop-In: 3:00 - 4:00 PM
Arts & Mindfulness Studio | 4:00 - 6:00 PM



SATURDAY

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



Check out our
events calendar
here!

Check out more
MFRC
programs and
services!

1321 Neilson Road

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

MONDAY

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



TUESDAY

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



WEDNESDAY

Drop-In: 3:00 - 4:00 PM
18+ Nights | 4:00 PM - 7:00 PM



THURSDAY

Drop-In: 3:00 - 7:00 PM
LEAD Malvern | 5:00 PM - 6:00 PM



FRIDAY

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



Contact Us

For General Inquiries:

Anjali, Youth Manager
(416) 284-4184 ext. 253
agaur@mfrc.org

For Youth Hub Inquiries:

Shaniqua, Youth Hub Coordinator
(647) 745-9471
swright@mfrc.org

For Sports Inquiries:

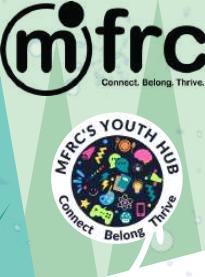
Randy, Youth Rec Coordinator
(647) 207-8422
rblackwood@mfrc.org

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





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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

Volunteer With Us!

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



Life Skills & Leadership Programs

LEAD MALVERN

DAY: THURSDAY

TIME: 5:00 PM - 6:00 PM

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 Shaniqa.swright@mfrc.org

Find Us @



Special Events

To stay up to date as we release more information about our events, follow us on [@mfrcyouth](https://www.instagram.com/mfrcyouth)

March Break.... To be announced!

