



# YOUTH PROGRAMS - SPRING



April - June 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

Become a member and join our programs!

## 110 Empringham Dr. Unit 214

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

**MONDAY** Alternating Weeks:  
Chefs Mode/Empringham Eats:  
Start time - 4:30pm



**TUESDAY** Pushing the Envelope  
Start Time: 3:30PM



**WEDNESDAY** Drop-In: 3:00PM

**SATURDAY** Drop-In: 11:00AM

## 1321 Neilson Road

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

**MONDAY** Drop-In: 3:00pm  
SpeakEZ: 4:30PM - 6:30PM



**TUESDAY** Pushing the Envelope: 3:30PM - 6:30PM  
LEAD Malvern: 5:00PM - 6:00PM



**WEDNESDAY** Drop-In: 3:00PM - 18+

**THURSDAY** Drop-In: 3:00PM  
Footprints Career Program 4:30PM-6:30PM

**FRIDAY** Drop-In: 3:00PM  
Food Fridays  
Start time: 4:30pm



## Contact Us

**For General Inquiries:**  
**Anjali**, Youth Manager  
(416) 284-4184 ext. 253  
agaur@mfrfc.org

**For Youth Hub Inquiries:**  
**Shaniqua**, Youth Hubs Coordinator  
(647) 745-9471  
swright@mfrfc.org

**For Sports Inquiries:**  
**Randy**, Youth Rec Coordinator  
(647) 207- 8422  
rblackwood@mfrfc.org

**For Counselling Services:**  
**Alyssa** | (416) 284-4184 ext. 227  
youthcounsellor@mfrfc.org  
**Fiona** | (416) 284-4184 ext. 235  
mhacounsellor@mfrfc.org

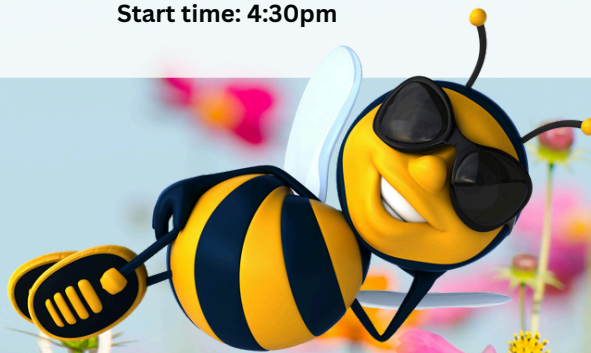
**For Youth Outreach Workers:**  
**Morgan** | (416) 559-5974  
morgan@mfrfc.org  
**Niyasan** | (416) 779-5975  
niyasan@mfrfc.org



SCAN ME

Check out our events calendar here!

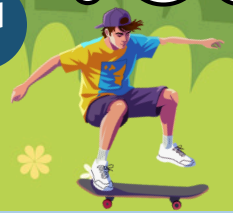
Check out more MFRC programs and services!





# YOUTH PROGRAMS - SPRING

## April - June 2026



Become a member and join our programs!

### Sports and Rec Programs 90 Littles Road

<b>TWEEN BASKETBALL</b>	<b>DAY: MONDAY</b>	<b>TIME: 5:30PM-7:30PM</b>
Drop-In program for youth ages 10-13 to develop skills, teamwork, and a love for the game		
<b>YOUTH BASKETBALL</b>	<b>DAY: MONDAY</b>	<b>TIME: 7:30PM-9:00PM</b>
Drop-In program for youth ages 14 and up, focusing on advanced skills, strategy, and competitive play.		
<b>VOLLEYBALL</b>	<b>DAY: TUESDAY</b>	<b>TIME: 4:30PM-7:00PM</b>
Drop-in program for youth ages 14 and up. Learn volleyball 101 and participate in seasonal tournaments!		
<b>TWEEN GIRLS REC</b>	<b>DAY: WEDNESDAY</b>	<b>TIME: 4:00PM-5:30PM</b>
Girls (10-13) drop-in focused on fitness and confidence through sports		
<b>YOUTH GIRLS REC</b>	<b>DAY: WEDNESDAY</b>	<b>TIME: 5:30PM-7:00PM</b>
Girls (14-18) drop-in focused on fitness and teamwork through sports		
<b>TWEEN SOCCER</b>	<b>DAY: THURSDAY</b>	<b>TIME: 4:30PM-5:30PM</b>
Drop-In program for youth ages 10-13. Join us and learn skills to play soccer!		
<b>BADMINTON DROP-IN</b>	<b>DAY: THURSDAY</b>	<b>TIME: 5:30PM-7:00PM</b>
Drop-In program for youth ages 12-18. Join us for friendly badminton games		
<b>AFTER HOURS ATHLETICS</b>	<b>DAY: FRIDAY</b>	<b>TIME: 4:00PM - 7:00PM</b>
Drop-In program for youth ages 18+, come out and play a variety of different sports		

### Life Skills & Leadership Programs 1321 Neilson Road

<b>LEAD MALVERN</b>	<b>DAY: TUESDAY</b>	<b>TIME: 5:00PM - 6:00PM</b>
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!		
<b>FOOTPRINTS</b>	<b>DAY: THURSDAY</b>	<b>TIME: 4:30PM - 6:30PM</b>
Interested in exploring a variety of different career paths? Join Footprints and meet different professionals, while learning about career paths and post-secondary options!		

### Special Events

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

<b>Post-Secondary School Fair</b>	<b>April 2026</b>
<b>Egg Hunt Emp/1321</b>	<b>April 1/April 2</b>
<b>SPRING TRIP: CINEPLEX MOVIE THEATRE</b>	<b>April 22, 2026</b>
<b>Mother's Day Volleyball Tournament</b>	<b>May 6, 2026</b>
<b>Father's Day Basketball Tournament</b>	<b>June 16, 2026</b>

Find Us @



### Volunteer With Us!

Contact Shaniqua at [swright@mfrc.org](mailto:swright@mfrc.org) to hear about our volunteer opportunities!

