



Programs & Activities

Youth Programs: ages 12-29

FALL
2026



September - December



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Youth Hub- 1321 Neilson Road

Open Monday - Friday 3:00 pm - 7:00 pm; 18+ nights on Wednesdays are 4:00 pm - 8:00 pm

4 pm
SpeakEZ

4 pm
Pushing the Envelope

4 pm-8pm
Drop-In (18+)

3 pm
Drop-In

4 pm
Food Fridays

CLOSED



Pushing the Envelope
5:30 - 6 pm

Ages: 18-29

First Wednesday of every month, explore thought-provoking films and real-world issues through discussion

Community Chapters
6 - 7 pm
Book Club

Second Wednesday of every month for youth ages 18-29 to connect and discuss our monthly read

Game Night
5:30 - 7 pm

Third Wednesday of every month for youth ages 18-29 to connect, have fun, and play a variety of games!



Special Events

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

Sept 24	Schools Back Event	Location: 1321 Youth Hub
Oct 26-30	Hallow-Week	Location: 1321 Youth Hub
Oct 28	Costume Contest	Location: Empringham Hub
Nov 20	P.A. Day Extravaganza	Location: 1321 Youth Hub
Nov 27	Athletic Banquet	Location: 90 Littles Road
Dec 14-18	Festive Five	Location: 1321 Youth Hub
Dec 18	Youth Holiday Dinner	Location: 90 Littles Road
Dec 21-23	Holiday Trio	Location: Empringham Hub



Youth Hub- 110 Empringham Dr. Unit 214

Open Monday-Wednesday - 3:00 pm - 7:00 pm

Saturdays - 11 am - 4 pm

3 pm
Alternating Weeks
Chefs Mode
Empringham Eats

3 pm
Drop-In

4 pm
Workshop
Wednesday

CLOSED

CLOSED

11 am
Drop-In





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Sports and Rec

90 Littles Road

5.30 pm - 7.30 pm Tween Basketball

Drop-In program for youth ages 11-13 to develop skills, teamwork, and a love for the game

7.30 pm - 9 pm Youth Basketball

Drop-In program for youth ages 14-18, focusing on advanced skills, strategy, and competitive play.

5 pm - 7 pm Volleyball

Drop-in program for youth ages 14-18. Learn volleyball 101 and participate in seasonal tournaments!



5 pm - 6 pm A.C.E Tween Girls Rec

Girls (11-13) drop-in focused on fitness and confidence through sports

6 pm - 7 pm Youth Girls Rec

Girls (14+) drop-in focused on fitness and teamwork through sports

5 pm - 6 pm Tween Soccer

Drop-In program for youth ages 11-13. Join us and learn skills to play soccer!

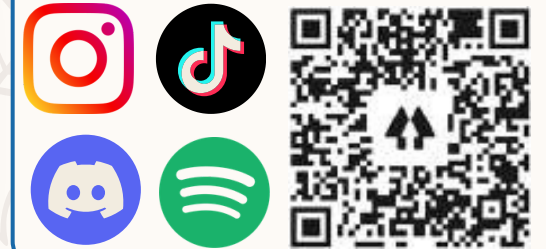
6 pm - 7 pm Tween Soccer

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

5 pm - 7 pm 18+ Drop-In

Drop-in program for youth ages 18-29 to play a variety of sports

FIND US AT



Life Skills & Leadership Programs

1321 Neilson Road



4 pm - 5 pm LEAD Malvern Learn, Engage, Advocate, Do

A youth-led advocacy group that addresses social & political issues within the community.



4.30 pm - 6.30 pm Footprints

Explore a variety of different career paths. Meet professionals, while learning about career paths and post-secondary options!

MFRC CLOSURES

Please note, MFRC and all youth hubs will be closed on the following dates:
Sept 7th, Oct 12th and Dec 25th - Jan 1st



CONTACT US

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For Volunteering

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To attend programming you **must** be registered on our website **mfrf.org**

