

The Four Villages Community Health Centre **PROGRAMS FOR CHILDREN (6-12)**



If you are looking for programs that are fun, active, and educational, we have them.
We look forward to seeing you in our programs!

Please note:

- Programs are offered at various locations and times throughout the year.
- Some programs may be available infrequently based on demand.
- Some programs are offered off-site.
- Please call the contact person indicated for additional program information.

FAMILIES GET TOGETHER: This 8 week program promotes healthy weights and healthy living for parents and children 8-10 years old. The program includes information on nutrition, body image, self-esteem, and physical activity. Each session has a one hour exercise component facilitated by a trained instructor. For more information contact **Krystyna at 416-855-1058.**

G.I.R.L.S (Get Involved Run Laugh Shine): This 8 week physical activity and nutrition program is for girls ages 9 to 12. The program offers a combination of nutrition and hands-on food skills, plus activities such as zumba, basketball and yoga. For more information contact **Camilla at 416-604-6454.**

KIDS CAN CREATE: This 4 week program is for children 4 to 7 years old. If you are interested in having your little ones learn how foods grow, make yummy recipes, and enjoy their delicious creations, this is the program! Children will meet new friends and enhance fine motor skills with crafts and activities. For more information contact **Susan at 416-604-6442.**

KIDS COOKING CLUB: This 5 week cooking and nutrition education program is for children ages 8 to 12 years old. Want to have fun learning how to cook with your friends? Children learn about food and nutrition in a fun and interactive way. For more information contact **Krystyna at 416-855-1058.**

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SCHOOL NUTRITION EDUCATION: Are you a teacher interested in inviting a Registered Dietitian into your classroom? This program offers elementary school students the opportunity to learn about nutrition and develop cooking skills through hands-on food preparation. Tasting of the prepared food and eating together often facilitate additional discussion on healthy eating practices as well as different cultural foods. For more information contact **Krystyna at 416-855-1058.**

STEP IT UP: This 6 week school-based program allows students to learn Nordic Pole Walking, a fun and effective, low impact, full-body workout for people of all ages, fitness and mobility levels. For more information contact **Camilla at 416-604-6454.**

STRETCH YOUR SPIRIT: An annual school event designed to promote health and wellness for children and their parents/caregivers. This fun-filled day allows participants to take part in activities such as zumba, expressive arts, mindfulness and cooking demonstrations. Participants will go home with knowledge on how to keep their mind, body and spirit healthy. For more information **Camilla at 416-604-6454.**

TUTOR IT UP: This program for students in grades 5-12 incorporates tutoring and mentorship. Get homework assistance, learn study skills, and build on your reading, writing and math abilities. For more information contact **Camilla at 416-604-6454.**

YOUTH COOKING CLUB: Let's cook together! Join us for hands-on cooking with a dietitian and learn about healthy eating. This monthly cooking program is for youth ages 12 to 24. Registration is required for each session. For more information contact **Cindy at 416-855-1044.**

YOUTH LEADERSHIP PROGRAM: Get involved in your community, develop leadership skills, and build life skills through group projects. Youth ages 12 to 18 will participate in food handling training, community safety training, fundraising initiatives, and other recreational activities. For more information contact **Camilla at 416-604-6454.**

YOUTH OF TODAY: This program will focus on mental health, sexual health, physical activity and nutrition. It will include leadership training and ongoing adult support for youth-led action. Youth will receive volunteer hours for participating in youth events. For more information contact **Camilla at 416-604-6454.**
