

The Four Villages Community Health Centre **PROGRAMS FOR YOUTH (13-25)**



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.

CHILDBIRTH EDUCATION: A 5 week program for all soon-to-be moms and partners. This program provides the information and skills needed for a positive pregnancy, delivery, and early parenting experience. Topics include healthy pregnancy, nutrition, labour and delivery, relaxation techniques, stages of labour, preparing for the hospital, bringing baby home, basic baby care, and much more. For more information contact **Leah at 416-604-6456.**

FOOD HANDLER TRAINING: This 6 week program is for people who are interested in a job in the food service industry. You will get hands-on food preparation experience and the opportunity to earn a Food Handler Certification. For more information contact **Katie at 416-604-6443.**

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.**

GUYS CAN COOK: This program is for young men ages 14 to 18. Learn to cook for yourself and impress others in this program led by a professional chef and a Registered Dietitian. Make and eat delicious food, gain valuable work experience, earn your food handler certification and get a letter of reference upon program completion. For more information contact **Katie at 416-604-6443.**

LEGAL CLINIC: The clinic offers 30 minute free summary advice, information, and referrals on family law, immigration, and employment matters. For more information contact **Amir at 416-604-6448.**

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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.**

SURFING TSUMANIS: A 20 week DBT skills group, for youth ages 18-29. This group is for people who have BPD or BPD traits as well as challenges with extreme emotion dysregulation and difficulty with impulsivity. People will need to have their own individual therapist at the time of the group. This group runs in partnership with Canadian Mental Health Association, Davenport Perth community Health Centre, Flemingdon Health Centre & Woodgreen Community Services. For more information please contact **Chantal 416-604-6440.**

TIME OUT: Sometimes parents need time out! Looking for a place where you can focus on yourself, learn new skills and explore your interests? You can find it at Time Out, a weekly drop-in program for parents and parents-to-be ages 29 and under. Join us to share a meal, swap stories and take part in workshops on topics such as sexual health, parenting, life skills, mental wellness and self-care - while your little ones enjoy their own programming. For more information contact **Leah at 416-604-6456.**

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.**

WEST TORONTO HOUSING HELP: Meet with a housing worker who can assist with housing issues, evictions, finding emergency shelter, and accessing subsidized housing. For more information contact **416-604-3361 (Bloor Site) or 416-604-3362 (Dundas Site).**

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.**

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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.**
