

June 2024

THIS MONTH IN  
**SOUTH SCARBOROUGH**  
NEWSLETTER

YWCA Toronto Girls' Centre | 3090 Kingston Road, Suite 401, Scarborough, ON | 416.266.1232



NATIONAL ADVOCACY.  
COMMUNITY ACTION.



YWCA TORONTO GIRLS' CENTRE

# SUMMER DROP-IN

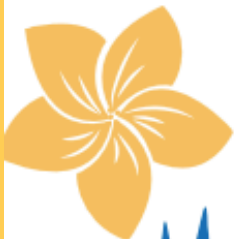
FOR GIRLS & GENDER  
DIVERSE YOUTH AGES 9-18

Every Monday, Wednesday and Friday  
10:30a.m.-3p.m.

**Except** for July 8-12 & Aug 19-23

**STARTING JULY 3, 2024**

PLEASE TEXT 416.407.0984 OR EMAIL  
[GIRLSCENTRE@YWCATORONTO.ORG](mailto:GIRLSCENTRE@YWCATORONTO.ORG)  
TO PRE-REGISTER



# Growing Healthy Together Prenatal Program

Join  
One of Our  
Group  
Sessions



## For pregnant individuals who may be:

- newcomers
- living on a low income
- feeling isolated
- needing extra support for a healthy pregnancy

## Learn about pre- and postnatal health:

- healthy pregnancy
- stress management
- healthy eating
- newborn care and community resources

## Speakers include:

Midwives, Dietitians and more!

Participants may receive **free**  
grocery gift cards and prenatal vitamins

## Register any time

416-438-3697 ext. 14349  
[gtprenatal@stridestoronto.ca](mailto:gtprenatal@stridestoronto.ca)

### **Mondays 10 - 11:00 am**

Malvern Family Resource Centre (lower level)  
1321 Neilson Road

### **Tuesdays 10 - 11:00 am**

Scarborough Centre EarlyON  
3478 Lawrence Ave East, Unit C4

### **Wednesdays: 10 - 11:00 am**

The Hub, Mid Scarborough  
2660 Eglinton Ave East

### **Thursdays 1:30 - 2:30 pm**

Scarborough Bridlewood EarlyON  
3410 Sheppard Ave East, Unit 304



Helping children, youth  
and families thrive





West Scarborough  
Neighbourhood Community Centre



# ST. PATRICK'S DAY

WEST SCARBOROUGH EARLYON CHILD & FAMILY  
CENTRE







West Scarborough  
Neighbourhood Community Centre

Rotary

Rotary Club of Agincourt  
District 7070



# S.K.Y.

Support and Knowledge for Young Women

## SUMMER CAMP



Female youth between ages 13-18

JUL 10 -  
AUG 23

313  
PHARMACY  
AVE.



### ACTIVITIES

- Girls at Bat introductory baseball program
- Girls Group
- 2 weeks of sailing and windsurfing

EVERY WEDNESDAY FROM 1-4 PM EXCEPT  
FOR 2 FULL WEEKS OF WATER SPORTS!

To register, email Michelle at  
[mcham@wsncc.org](mailto:mcham@wsncc.org)



JAYS CARE  
FOUNDATION





West Scarborough  
Neighbourhood Community Centre



# VOLUNTEERS NEEDED!



WSNCC is looking for dedicated individuals to help out with food hampers in partnership with **SECOND HARVEST** distribution

SECOND HARVEST COLLECTS FOOD SURPLUS BEFORE IT ENDS UP IN LANDFILL AND REDISTRIBUTES TO AGENCIES LIKE OURS WHO CONNECT WITH LOCAL COMMUNITY MEMBERS IN NEED

***Mondays 10:30am to 12:30pm***

Should be you available to assist,  
please contact: Lisa

[ljeffries@wsncc.org](mailto:ljeffries@wsncc.org)

313 PHARMACY AVE  
SCARBOROUGH, ON MIL 3E7





YWCA TORONTO

# TEEN MOTHERS' PROGRAM

**FREE** drop-in program for young mothers and gender diverse parents 14-26 years old and their children up to 6 years old.

**IN-PERSON OR VIRTUAL SUPPORT**

Tuesdays 9:30-10:30a.m.

Wednesdays 1:45-2:45p.m.

**GROUP PROGRAM HOURS**

Mondays 4-6:30p.m.

3090 Kingston Road, Scarborough

## WHAT WE PROVIDE:

- Group discussions on topics that support the parenting journey
- Parent-child activities
- Referrals to other supports
- Free weekly dinner/snacks, grocery distribution, and TTC

## PRE-REGISTRATION REQUIRED

For more information and to register, contact **Corey** at **416.266.9830** or **chelm@ywcatoronto.org**





NATIONAL ADVOCACY  
COMMUNITY ACTION.



Room 200, 3090 Kingston Road, Scarborough | [ywcatoronto.org](http://ywcatoronto.org)





VICTORIA PARK HUB		Year 2024			JUNE CALENDAR
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>3</b> Gentle Fitness with Cathy L. 9:30 am – 10:30 am (In-person) Newcomer English Conversation Class 3:30 pm – 4:30 pm Mental health workshop 10:00 am – 12:00 pm	<b>4</b> Gentle Yoga with Usha 11:30 am – 1:00 pm Citizenship Class in Arabic -Access Alliance 1:00 pm – 3:00 pm	<b>5</b> Gentle Fitness with Cathy L. 9:30 am – 10:30 am Life Skills/Cook and learn– TNG 11:00am to 12:30pm Citizenship Class in Farsi/Dari 12:30 pm – 1:30pm -TNG	<b>Multi-Cultural Dance Class</b> 4:30 pm – 5:30 pm Parenting workshop -Public Health 10:30 am – 11:30 am	<b>7</b> Gentle Yoga with Usha 11:30 am – 1:00 pm 	
<b>10</b> Gentle Fitness with Cathy L. 9:30 am – 10:30 am (In-person) Newcomer English Conversation Class 3:30 pm – 4:30 pm	<b>11</b> Gentle Yoga with Usha 11:30 am – 1:00 pm Citizenship Class in Arabic -Access Alliance 1:00 pm – 3:00 pm Computer class – Smartphone -TDSB workshop 12:00 pm – 2.30 pm	<b>12</b> Gentle Fitness with Cathy L. 9:30 am – 10:30 am Life Skills/Cook and learn– TNG 11:00am to 12:30pm Citizenship Class in Farsi/Dari 12:30 pm – 1:30pm -TNG	<b>13</b> Multi-Cultural Dance Class 4:30 pm – 5:30 pm Parenting workshop -Public Health 10:30 am – 11:30 am	<b>14</b> Gentle Yoga with Usha 11:30 am – 1:00 pm	
<b>17</b> Gentle Fitness with Cathy L. 9:30 am – 10:30 am (In-person) Newcomer English Conversation Class 3:30 pm – 4:30 pm	<b>18</b> Gentle Yoga with Ush 11:30 am – 1:00 pm Citizenship Class in Arabic-Access Alliance 1:00 pm – 3:00 pm Computer class – Smartphone -TDSB workshop 12:00 pm – 2.30 pm	<b>19</b> Gentle Fitness with Cathy L. 9:30 am – 10:30 am Life Skills/Cook and learn– TNG 11:00am to 12:30pm Citizenship Class in Farsi/Dari 12:30 pm – 1:30pm -TNG	<b>20</b> Multi-Cultural Dance Class 4:30 pm – 5:30 pm Parenting workshop -Public Health 10:30 am – 11:30 am	<b>21</b> Gentle Yoga with Usha 11:30 am – 1:00 pm NATIONAL INDIGENOUS PEOPLE DAY	
<b>24</b> Gentle Fitness with Cathy L. 9:30 am – 10:30 am (In-person) Newcomer English Conversation Class 3:30 pm – 4:30 pm Hub Orientation	<b>25</b> Gentle Yoga with Usha 11:30 am – 1:00 pm Citizenship Class in Arabic-Access Alliance 1:00 pm – 3:00 pm Computer class – Smartphone -TDSB workshop 12:00 pm – 2.30 pm	<b>26</b> Gentle Fitness with Cathy L. 9:30 am – 10:30 am Information Fair-Partners 10am to 2pm	<b>27</b> Multi-Cultural Dance Class 4:30 pm – 5:30 pm Parenting workshop -Public Health 10:30 am – 11:30 am	<b>28</b> Gentle Yoga with Usha 11:30 am – 1:00 pm 	

**LINKS TO JOIN ZOOM PROGRAMS**



**THANK YOU FOR YOUR ONGOING SUPPORT AND PARTICIPATION.**  
**PLEASE SEE BELOW THE DATES AND TIMES TO JOIN THE WORKSHOPS.**  
**ZOOM LINKS WILL BE SENT OUT UPON THE REGISTRATION/APPOINTMENT. THANK YOU!**

**Monday**

**Gentle Fitness with Cathy L.**  
 In-person classes

**Time:**  
 June 3, 2024, 9:30 a.m. – 10:30 a.m. Eastern Time (US and Canada)  
 June 10, 2024, 9:30 a.m. – 10:30 a.m. Eastern Time (US and Canada)  
 June 17, 2024, 9:30 a.m. – 10:30 a.m. Eastern Time (US and Canada)  
 June 24, 2024, 9:30 a.m. – 10:30 a.m. Eastern Time (US and Canada)  
**Email:** [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

**Newcomer English Conversation Class**

**Time:**  
 June 3, 2024, 3:30 pm\_ 4:30 pm Eastern Time (US and Canada)  
 June 10, 2024, 3:30 pm\_ 4:30 pm Eastern Time (US and Canada)  
 June 17, 2024, 3:30 pm\_ 4:30 pm Eastern Time (US and Canada)  
 June 24, 2024, 3:30 pm\_ 4:30 pm Eastern Time (US and Canada)  
**Email:** [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

**Tuesday**

**Gentle Yoga with Usha S.**

**Time:**

## Wednesday

### Gentle Fitness with Cathy L.

**Time:**

June 5, 2024, 9:30 am – 10:30 am Eastern Time (US and Canada)  
June 12, 2024, 9:30 am – 10:30 am Eastern Time (US and Canada)  
June 19, 2024, 9:30 am – 10:30 am Eastern Time (US and Canada)  
June 26, 2024, 9:30 am – 10:30 am Eastern Time (US and Canada)

The link will be sent by appointment.

Email: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

### Life skills cook and Learn - TNG

June 5, 2024, 11:00 am – 12:30 pm Eastern Time (US and Canada)  
June 12, 2024, 11:00 am – 12:30 pm Eastern Time (US and Canada)  
June 19, 2024, 11:00 am – 12:30 pm Eastern Time (US and Canada)  
June 26, 2024, 11:00 am – 12:30 pm Eastern Time (US and Canada)

Email: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

### Citizenship class Dari/Farsi - TNG

June 5, 2024, 12:30 pm – 1:30 pm Eastern Time (US and Canada)  
June 12, 2024, 12:30 pm – 1:30 pm Eastern Time (US and Canada)  
June 19, 2024, 12:30 pm – 1:30 pm Eastern Time (US and Canada)  
June 26, 2024, 12:30 pm – 1:30 pm Eastern Time (US and Canada)

Email: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

## Thursday

June 4, 2024, 11:30 am\_1:00pm Eastern Time (US and Canada)  
June 11, 2024, 11:30 am\_1:00pm Eastern Time (US and Canada)  
June 18, 2024, 11:30am\_1:00pm Eastern Time (US and Canada)  
June 25, 2024, 11:30am\_1:00pm Eastern Time (US and Canada)

### Citizenship class in Arabic

**Time:**

June 4, 2024, 1:00 pm -3:00 pm Eastern Time (US and Canada)  
June 11, 2024, 1:00 pm -3:00 pm Eastern Time (US and Canada)  
June 18, 2024, 1:00 pm-3:00 pm Eastern Time (US and Canada)  
June 25, 2024, 1:00 pm-3:00 pm Eastern Time (US and Canada)

Email: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

### Computer class – smartphone workshop

**Time:**

June 11, 2024, 12:00 pm – 2:30 pm Eastern Time (US and Canada)  
June 18, 2024, 12:00 pm – 2:30 pm Eastern Time (US and Canada)  
June 25, 2024, 12:00 pm – 2:30 pm Eastern Time (US and Canada)

Email: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)



**Parenting workshop**

**Time:**

June 6, 2024, 10:30 am – 11:30 am Eastern Time (US and Canada)  
June 13, 2024, 10:30 am – 11:30 am Eastern Time (US and Canada)  
June 20, 2024, 10:30 am – 11:30 am Eastern Time (US and Canada)  
June 27, 2024, 10:30 am – 11:30 am Eastern Time (US and Canada)

Email: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

**Newcomer Youth Cultural Dance Class**

**Time:**

June 6, 2024, 4:30 pm – 5:30 pm Eastern Time (US and Canada)  
June 13, 2024, 4:30 pm – 5:30 pm Eastern Time (US and Canada)  
June 20, 2024, 4:30 pm – 5:30 pm Eastern Time (US and Canada)  
June 27, 2024, 4:30 pm – 5:30 pm Eastern Time (US and Canada)

Email: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

**Friday**

**Gentle Yoga with Usha S.**

**In-person**

**Time:**

**In-person classes for Usha**

June 7, 2024, 11:30 am – 1:00 pm Eastern Time (US and Canada)  
June 14, 2024, 11:30 am – 1:00 pm Eastern Time (US and Canada)  
June 21, 2024, 11:30 am – 1:00 pm Eastern Time (US and Canada)  
June 28, 2024, 11:30 am – 1:00 pm Eastern Time (US and Canada)

Email: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

**Saturday**

**SriLankan Women's Day**

**Time:**

in –person

June 29, 2024 ,10:00am –3:00pm Eastern time (US and Canada)

Email: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

**Saturday and Sunday**

**Food Handling certificate**

**Time:**

In- person

June 15<sup>th</sup> Victoria hub and 16<sup>th</sup> keel hub ,2024, 9:00am-3:00pm

Email: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

Working Women Community Centre (WWCC) provides immigrant women and their families with opportunities to improve their quality of life through empowerment, self-improvement, and community action. **As the lead organization at the HUB, we are responsible for its overall management and partnership development.** Our programs and services include the Home Instruction for Parents of Preschool Youngsters (HIPPI) program, Settlement Services, The HUB newcomer programming, coordination of the Computer Lab, Community Kitchen, and programming space. For more information, please contact Kala at [kkarananathan@victoriaparkhub.org](mailto:kkarananathan@victoriaparkhub.org) or 416-750-9600 ext. 204. Visit us at [www.workingwomenc.org](http://www.workingwomenc.org).

To learn more about our scheduled activities and register for them, please visit our website at [www.workingwomenc.org](http://www.workingwomenc.org).

### Women

- Support groups for mothers and caregivers
- Arts and crafts program
- Cultural women group

### Newcomer

- Citizenship preparation tutoring classes, information, and referrals.
- English conversation and education classes

### Youth

- Newcomer youth drop-in program.

### Seniors

- Senior wellness
- Gentle Tai Chi, dance, and yoga classes.

### Family

- Computer Literacy Program
- Gentle dance, Zumba, yoga and more.

Funded by: Immigration, Refugees and Citizenship Canada  
 Financed par: Immigration, Réf. et Citoyenneté Canada / United Way Greater Toronto

## OUR PARTNERS



The Toronto East Chinese Baptist Church (ETCBC) is a warm and welcoming community that enables people to share experiences and grow as they journey together. ETCBC is looking to support groups and the community itself. For more information, please contact us at: 416-750-9600 ext. 237.



FST has assisted families and individuals through counselling, community development and advocacy for about 100 years. Violence against women services are provided in Tamil. For more information, please contact 416-595-9618 or 416-750-9600 ext. 222. Visit us at [www.familyserVICEToronto.org](http://www.familyserVICEToronto.org).

## Golden mile

Our Strong Neighbourhoods (OSN) is a United Way-funded project. OSN is currently working with residents and stakeholders to support Economic Prosperity in the greater Victoria Village, Golden Mile, and Ion View/Kennedy Park area. The focus is on stakeholders and residents engagement toward creating a Community Benefit Framework as a response to the massive redevelopment of the neighbourhood.



Train Golden Mile residents in a pre-apprentice construction program called the Golden Mile Trades Training Contact.

Contact Daniel Stambolic, Coordinator, Employment Services, Literacy and Basic Skills, at 416-537-6532 ext. 2215 or [dstambolic@laboureducation.org](mailto:dstambolic@laboureducation.org)



The Neighbourhood Group (TNG) Women's Settlement Program (WSP) supports Newcomer Women to build community connections using interactive educational and recreational activities to foster resilience and enhance integration in Canadian life. We deliver weekly in-person and virtual workshops primarily to Afghan and Bangladeshi women. Activities and workshops are held on Tuesdays and Wednesdays at the Victoria Park Hub (VPH). Contact Shahanara at [shahanara.khandaker@tngcs.org](mailto:shahanara.khandaker@tngcs.org) or 416.750. 9600 ext. 216

Sesheme Foundation provides community and social services to youth, including annual summer internships and a back-to-school backpack drive. For more information, please contact 416-750-9600 ext. 217 or 416-358-2882. Visit us at [www.shesheme.ca](http://www.shesheme.ca)



## GENTLE YOGA GROUP

With Usha S.

Tuesday : 11:30am - 1:00pm (Hybrid Program Delivery)  
 & Friday: 11:30am - 1:00pm (Virtual Zoom Delivery)  
 Location: Victoria Park Hub  
 1527 Victoria Park Ave, Toronto, ON, M1L2T3 2nd Floor

TO REGISTER  
 EMAIL: [VPH@VICTORIAPARKHUB.ORG](mailto:VPH@VICTORIAPARKHUB.ORG)  
 CALL: 416-750-9600

FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE AT: [WORKINGWOMENC.ORG](http://WORKINGWOMENC.ORG)

Funded by: Immigration, Refugees and Citizenship Canada  
 Financed par: Immigration, Réf. et Citoyenneté Canada / United Way Greater Toronto

## Dari and Farsi Citizenship Test Preparation Group

صنوف رایگان آمادگی برای اخذ تابعیت به زبان دری

what will you learn?  
 • Gain an understanding of the rights and responsibilities of Canadian Citizens.  
 • Practice Canadian Citizenship test questions and acquire skills needed for the written test and oral interview

Who is Eligible?  
 • Newcomers, 18 years of age and older  
 • have lived in Canada for 3 consecutive years after receiving landing immigrant status  
 • Have level 4 English qualification

Registration:  
 Register via email at: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)  
 Phone: 416-750-9600  
 Date: Tuesdays  
 Time: 4:00 pm - 5:00 pm  
 Hybrid Class Delivery  
 Victoria Park Hub  
 1527 Victoria Park Ave, Toronto, ON  
 M1L 2T3 2nd Floor

شما چه میاموزید؟  
 • معلومات و آشنایی در مورد حقوق و مسولیت های شهروندی کانادا  
 • آشنا شدن با روش ها و شیوه های ضروری و قانونی کانادا که شامل امتحان تفریری، تحریری و مصاحبه میباشند.

کی ها واجد شرایط هستید؟  
 • تازه واردین که سن ۱۸ سال یا بیشتر عمر دارند  
 • بدون وقفه مدت ۳ سال و یا بیشتر از آن را سپری نموده باشند  
 • اسناد و مدارک مهاجرت به کانادا را داشته باشند  
 • حداقل سند درجه چهارم زبان انگلیسی را داشته باشند.

ثبت نام:  
 برای ثبت نام به ایمیل ذیل مراجعه نمایید:  
[vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

سه شنبه  
 زمان: ۴:۰۰ تا ۵:۰۰ شام  
 مکان: ویکتوریا پارک حب (از طریق فضای مجازی زوم)

Funded by: Immigration, Refugees and Citizenship Canada  
 Financed par: Immigration, Réf. et Citoyenneté Canada / United Way Greater Toronto

## ENGLISH CONVERSATION GROUP FOR NEWCOMERS

Join us at the Victoria Park Hub for Free Newcomer English Conversation Classes

- Improve your English
- Build Confidence in your Conversation Skills
- Meet People from Your Community

Date: Every Monday from 3:30 pm - 4:30 pm  
 Hybrid Class Delivery (In person every last Monday of the Month)

Location: 1527 Victoria Park Ave. Scarborough, ON, M1L2T3, 2nd floor

To Register  
 Email: [vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)  
 Call: 416-750-9600

For more information, please visit our website at: [workingwomenc.org](http://workingwomenc.org)

Funded by: Immigration, Refugees and Citizenship Canada  
 Financed par: Immigration, Réf. et Citoyenneté Canada / United Way Greater Toronto





Working Women Community Centre (Victoria Park Hub) invites you to join our

# MULTI-CULTURAL GENTLE DANCE GROUP

Join us every Thursday from 4:30 pm to 5:30pm at the Victoria Park Hub 1527 Victoria Park Ave 2nd Floor Toronto ON M1L 2T3 IN PERSON CLASSES

From this program, you will:

- 1) Learn different types of dance
- 2) Increase your fitness
- 3) Meet new people
- 4) Access great educational and leadership workshops
- 6) Have Snacks and Refreshments
- 7) Claim Volunteer Hours
- 8) Access great incentives like giveaways and summer jobs

1st and 3rd week for youth from ages (13 to 25) years old in collaboration with PST.

AND

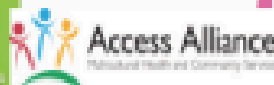
2nd and 4th week for women 40 years old and above in collaboration with Access Alliance.

**TO REGISTER**

email:

[vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

or call: 416-750-9600



Funded by:

Financed par :

Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Can

## Arabic Citizenship Preparation Group

### What will you learn?

- Gain an understanding the right and responsibilities of Canadian citizenship.
- Practice on the test questions.
- Be equipped with the skills needed for both the written test and the interview.

**Victoria Park Hub**  
1527 Victoria Park Avenue, 2nd Floor  
Toronto, ON M1L 2T3  
Citizenship Tutoring Class in Arabic  
Online via Zoom and in person at  
the end of every month  
Tuesday from 4:00 pm -5:00 pm  
For Registration  
[vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)  
Phone:416-750-9600

### Who is eligible?

- Newcomers 18 years old or older
- Have lived in Canada for three continuous years after receiving landed immigrant status
- Have level four English qualification

By registering and becoming a member, you will be qualified to participate in our giveaways, And attend our events and summer trips!



- ماذا تستفيد؟
- معرفة حقوق وواجبات المواطنين الكنديين
  - التدريب على أسئلة الامتحان
  - تزويدك بالمهارات المطلوبة لكل من لاختبارات الكتابية والشفوية

- من هو المؤهل؟
- القادمون الجدد الذين اعمارهم 18 سنة او أكثر
  - عاشوا في كندا لمدة ثلاث سنوات متتالية بعد حصولهم على الإقامة
  - المستوى الرابع في اللغة الانجليزي

### Victoria Park Hub

دروس مجانية باللغة العربية للحصول على الجنسية الكندية.

عبر الإنترنت من خلال Zoom وشخصيًا في نهاية كل شهر

الثلاثاء من كل اسبوع من الساعة 4 م الي 5م للتسجيل

[vph@victoriaparkhub.org](mailto:vph@victoriaparkhub.org)

محتاج لاد القريسة لمقابلة الوكالات الشركة (Access & Park Hub) في نهاية كل شهر





# Join us for a Series of Engaging Workshops!



**THURSDAY, 6TH JUNE (10:30AM - 11:30AM)**

★ **TEMPERAMENT**

DISCOVER THE UNIQUE TEMPERAMENT OF YOUR CHILD AND LEARN HOW TO BETTER UNDERSTAND THEIR BEHAVIOUR

**THURSDAY, 13TH JUNE (10:30AM - 11:30AM)**

★ **WHY CHILDREN MISBEHAVE**

EXPLORE POSITIVE WAYS TO RESPOND TO YOUR CHILD AND IMPROVE YOUR INTERACTIONS.

**THURSDAY, 20TH JUNE (10:30AM - 11:30AM)**

★ **POSITIVE PARENTING**

LEARN EFFECTIVE PARENTING STRATEGIES TO SUPPORT YOUR CHILD'S HEALTHY DEVELOPMENT



**THURSDAY, 27TH JUNE (10:30AM - 11:30AM)**

★ **MEALTIME ENVIRONMENTS AND RESPONSIVE FEEDING RELATIONSHIPS**

FOCUS ON FEEDING RELATIONSHIPS, POSITIVE AND ENJOYABLE EXPERIENCE .

LET'S GROW TOGETHER IN A SUPPORTIVE AND FRIENDLY ENVIRONMENT!

TO REGISTER:

CONTACT: KALADEVI KARUNANATHAN

EMAIL: [VPH.VICTORIAPARKHUB.ORG](mailto:VPH.VICTORIAPARKHUB.ORG)

PHONE: 416-750-9400

FOR MORE INFO, VISIT: [WWW.WORKINGWOMENCC.ORG](http://WWW.WORKINGWOMENCC.ORG)

1827 VICTORIA PARK AVENUE, 2ND FLOOR

TORONTO, ON

M4T 3T3

PHONE: 416-750-9400

WE LOOK FORWARD TO SEEING YOU THERE!

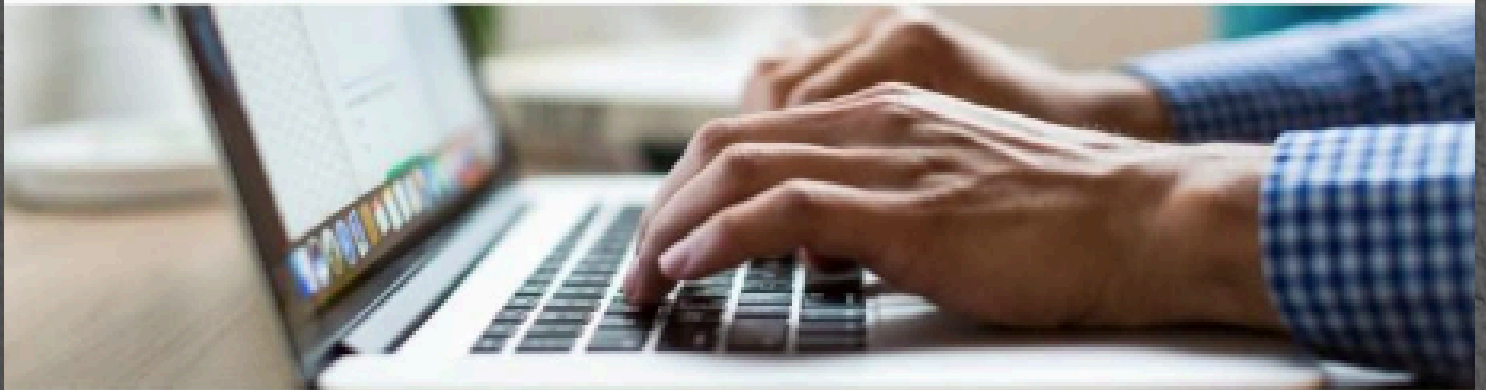


Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada



**United Way**  
Greater Toronto



## FREE – Effective use of Smart Phone

Where: Victoria Park Hub – 1527  
Victoria Park Avenue , 2<sup>nd</sup> floor  
M1L2T3

Hub phone – 416 750 9600

When: June 11 – June 25<sup>th</sup>, 2024

Class Day(s): Tuesday

Time: 12:00 pm – 2:30 pm

In-person workshop

Requirements:

\*SIN Number will be required for registration

Proficient English comprehension

Clients **MUST** register before attending  
workshop

### LEARN HOW TO:

- Creating a username and password
- Using your phone to create a hotspot
- Viewing phone storage and uninstalling apps
- Security and privacy tips
- Sharing files
- Scanning documents with your phone
- Signing documents with your phone

Call us at 416-396-6368

or email:

[upgrading@tdsb.on.ca](mailto:upgrading@tdsb.on.ca) with  
your phone number

Free image from Unsplash, Pixels.





# Race To BREAK THE SILENCE

## 2 DAY EXPERIENCE

# VOLUNTEER

# WITH US!

Join us for an incredible chance to create change! Our 2024 fundraiser on Toronto Islands is your opportunity to support East Scarborough. We need volunteers eager to make a difference and have a blast. Sign up for one or both days and discover the city in a whole new way. Let's make a difference together!

### VOLUNTEER DATE OPTIONS:

- Tuesday, June 25
- Wednesday, June 26
- Thursday, June 27

**FOOD AND TRANSPORTATION  
WILL BE PROVIDED**

### VOLUNTEER TASKS:

- ✓ Support with clean-up & take down
- ✓ Event Day Logistics
- ✓ Pre-event preparation



SCAN ME



**OPEN CALL**

**bgc**

East Scarborough

# VOLUNTEERS NEEDED

We need volunteers to help seniors create a pollinator garden in our Organization by planting beautiful plants in the garden space.

**WHEN :** June 2nd week ( Date depends on Weather conditions)

**WHERE :** BGC East Scarborough, 100 Galloway Road

**TIME:** 5:00pm-7:00pm on weekday or 10:00am-12:00pm on saturday



**INTERESTED IN JOINING US? KINDLY EMAIL:**  
[mjoseph@esbgc.ca](mailto:mjoseph@esbgc.ca)

Please share your time preference.

**Ontario** 

This project is funded by  
the Government of Canada.

**Canada** 





# THE ORGANIC GARDEN

## SPRING/SUMMER YOUTH PROGRAM

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A holistic approach to gardening that addresses the economical, nutritional, and social challenges youth face through agricultural literacy

AGES 14 - 29

STARTS WEDNESDAY, JUNE 19, 2024 @ 4:00 PM  
LOCATION: 100 GALLOWAY ROAD

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URBAN FARMING SKILLS DEVELOPMENT  
AND HEALTH & NUTRITION WORKSHOP

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GROW. HARVEST. EAT.



TO REGISTER

---

Scan the QR Code  
For more information, contact:  
[youthprograms@esbgc.ca](mailto:youthprograms@esbgc.ca)

 **esbgc**  
East Scarborough





**COST:  
\$160/  
\$25 Daily**

**YOUTH  
12-14**

# LEADERS IN TRAINING

## About LIT:

Our program is designed for youth ages 12-14 who are looking to gain effective leadership skills that can be used throughout life.

## Location:

MAAT Youth Innovation & Centre  
62 Orchard Park Dr, Scarborough, Ontario M1E  
3T7

For more information contact

[kmilson@esbgc.ca](mailto:kmilson@esbgc.ca)

## Leadership Training

**Jul. 02 - Aug. 23, 2024**

**Mon - Fri 9:00 am - 6:00 pm**

**Workshops ,Trips and Activities for  
Self-Growth**

**Note: Please bring your own  
water bottle and Lunch**

## REGISTER HERE!

[http://ca.apm.activecommunities.com  
/esbgc/Activity\\_Search/4866](http://ca.apm.activecommunities.com/esbgc/Activity_Search/4866)







# ANNUAL GENERAL MEETING

JUNE 13

**THURSDAY, JUNE 13TH**

**AT 6:00 - 8:30 PM**

**BGC EAST  
SCARBOROUGH**

100 GALLOWAY RD. SCAR, ON  
JOIN US AS WE HIGHLIGHT  
AND CELEBRATE 2023 AT  
BGC EAST SCARBOROUGH.

RSVP BY MAY 31ST, 2024



 SCAN ME

Or, email [rlister@esbgc.ca](mailto:rlister@esbgc.ca) to RSVP





# COUNSELOR IN TRAINING

DO YOU HAVE A PASSION  
FOR WORKING WITH  
CHILDREN?

## RECEIVE

- A JOB INTERVIEW WITH THE CLUB
- VOLUNTEER OPPORTUNITIES
- AND MUCH MORE!



OUR PROGRAM IS  
DESIGNED FOR YOUTH  
AGES 15-18 WHO ARE  
LOOKING  
TO WORK WITH  
CHILDREN IN SUMMER  
AND AFTER SCHOOL  
PROGRAMS.

**MONDAYS - FRIDAYS**

**JULY 02 - AUG. 23, 2024**

**10:00 AM - 5:00 PM**

**62 ORCHARD PARK DR. SCARBOROUGH**

**SCAN HERE TO  
REGISTER**







# Northstar Startups

SCARBOROUGH

**Youth Entrepreneur  
WORKSHOP  
AGES 16-24**

**JUNE 10TH,  
2024**

**6PM-7:30pm**

62 orchard Park Dr,  
Scarborough, Ontario,

M1E3T7

**For More Information Contact:**

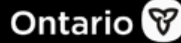
**[kmilson@esbgc.ca](mailto:kmilson@esbgc.ca)**



**MAAT** Youth Innovation & Cultural Centre  
Mentoring . Academics . Arts . Technology



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						IN-PERSON VR ACTIVITY 8:30-9:30AM 1
2	OLDER ADULTS MEETING 10:00-11:00AM YOGA 11:30-12:15PM 3	ZUMBA 10:00AM-11:00AM LUNCH TALK 12:00-1:00PM DANCE FITNESS 5:30-6:30PM 4	YOGA 09:00-09:45AM TAMIL CHAT CORNER 10:00-11:00AM IN-PERSON PICKLEBALL 1:00-2:00PM 5	OLDER ADULTS MEETING 10:00-11:00AM DRAWING 11:30-12:30PM MOVEMENT & DANCE SESSION 1:15-2:15PM 6	OLDER ADULTS MEETING & EVENT PREP 10:00AM-1:00PM 7	OLDER ADULTS PLANTING EVENT 10:00AM-12:00PM 8
9	POWER OF ATTORNEY WORKSHOP 10:00-11:00AM YOGA 11:30-12:15PM 10	ZUMBA 10:00AM-11:00AM LUNCH TALK 12:00-1:00PM DANCE FITNESS 5:30-6:30PM 11	YOGA 09:00-09:45AM TAMIL CHAT CORNER 10:00-11:00AM IN-PERSON PICKLEBALL 1:00-2:00PM 12	TRIVIA 10:00-11:00AM DRAWING 11:30-12:30PM MOVEMENT & DANCE SESSION 1:15-2:15PM 13	FATHER'S DAY CRAFT SESSION 12:30-1:30AM 14	15
16	BINGO GAME 10:00-11:00AM YOGA 11:30-12:15PM 17	ZUMBA 10:00AM-11:00AM LUNCH TALK 12:00-1:00PM DANCE FITNESS 5:30-6:30PM 18	YOGA 09:00-09:45AM TAMIL CHAT CORNER 10:00-11:00AM IN-PERSON PICKLEBALL 1:00-2:00PM 19	TRIVIA 10:00-11:00AM DRAWING 11:30-12:30PM MOVEMENT & DANCE SESSION 1:15-2:15PM 20	SENIOR'S MONTH MEET 1:00-2:30PM FOOD BOX 1:00-2:00PM 21	22
23	VIRTUAL TOUR 10:00-11:00AM YOGA 11:30-12:15PM 24	ZUMBA 10:00AM-11:00AM LUNCH TALK 12:00-1:00PM DANCE FITNESS 5:30-6:30PM 25	YOGA 09:00-09:45AM TAMIL CHAT CORNER 10:00-11:00AM IN-PERSON PICKLEBALL 1:00-2:00PM 26	DRAWING 11:30-12:30PM MOVEMENT & DANCE SESSION 1:15-2:15PM 27	VIRTUAL SHORT FILM DAY 10:00-11:00AM CRAFT SESSION 11:30-12:30AM 28	29
30	TAMIL GAME DAY 10:00-11:00AM YOGA 11:30-12:15PM	ZUMBA 10:00AM-11:00AM LUNCH TALK 12:00-1:00PM DANCE FITNESS 5:30-6:30PM				



Please contact Michelle at [mjoseph@esbgc.ca](mailto:mjoseph@esbgc.ca) if you would to include any information, news, or upcoming events in the next newsletter, or be included on the distribution list.