

# 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.

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**CHILDBIRTH EDUCATION:** A 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 416-604-0640, ext. 6416.

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**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 416-604-0640, ext. 6443.

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**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 416-604-0640, ext. 6454.

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**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 416-604-0640, ext. 6443.

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**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 416-604-0640, ext. 6448.

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**SURFING TSUNAMIS:** A 20 week Dialectical Behaviour Therapy (DBT) skills group for youth who want to learn to manage emotions better, improve distress tolerance, develop mindfulness, and communicate more effectively. For more information contact Chantal at ext. 6440.

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**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 and self-care - while your wee ones enjoy their own programming. For more information contact Leah at 416-604-0640, ext. 6416.

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**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 416-604-0640, ext. 6454.

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**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).

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**YOUTH COOKING CLUB:** Drop in and let's cook together! The first Monday of each month, for ages 12 to 24. For more information contact Katie at 416-604-0640, ext. 6443.

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**YOUTH LEADERSHIP PROGRAM:** A leadership program for youth ages 12 to 18. Get involved in your community, develop leadership skills, and build life skills through group projects. Youth will participate in food handling training, fundraising initiatives, and other recreational activities. For more information contact Camilla at 416-604-0640, ext. 6454.

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