



# NOVEMBER

# 2025







100 CONSILIUM PL, GROUND FLOOR SUITE #102



JESSICA.MYERS@STRIDESTORONTO.CA



SCARBOROUGH\_YOUTH HUB





THE ZONE



Strides  
TORONTO

Helping children, youth  
and families thrive

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>03</div> <div>2-5PM DROP-IN</div> <div>5-7PM COOKING</div> <div>5-7PM HAIR BRAIDING</div> <div>6-8PM MUSIC ENGINEERING</div>	<div>04</div> <div>3-4PM DROP-IN</div> <div>1-5PM FOOD MART</div> <div>4:30-6PM RAINBOW CONNECTIONS</div> <div>4-7PM GIRLS GROUP</div> <div></div>	<div>05</div> <div>3-6 NEURO DIVERSE DROP-IN</div> <div>5-7PM ARTIST IN THE 6IX</div> <div></div>	<div>06</div> <div>2-7PM DROP-IN</div> <div>4:30-6PM PEER SUPPORT</div> <div>4-6PM MAKER'S SPACE</div>	<div>07</div> <div>2-7PM DROP-IN</div>
<div>10</div> <div>2-5PM DROP-IN</div> <div>5-7PM COOKING</div> <div>5-7PM HAIR BRAIDING</div> <div>6-8PM MUSIC ENGINEERING</div>	<div>11</div> <div>3-4PM DROP-IN</div> <div>1-5PM FOOD MART</div> <div>4:30-6PM RAINBOW CONNECTIONS</div> <div>4-7PM GIRLS GROUP</div> <div></div>	<div>12</div> <div>3-6 NEURO DIVERSE DROP-IN</div> <div>5-7PM ARTIST IN THE 6IX</div> <div></div>	<div>13</div> <div>2-7PM DROP-IN</div> <div>4:30-6PM PEER SUPPORT</div> <div>4-6PM MAKER'S SPACE</div>	<div>14</div> <div>2-7PM DROP-IN</div>
<div>17</div> <div>2-5PM DROP-IN</div> <div>5-7PM COOKING</div> <div>5-7PM HAIR BRAIDING</div> <div>6-8PM MUSIC ENGINEERING</div>	<div>18</div> <div>3-4PM DROP-IN</div> <div>1-5PM FOOD MART</div> <div>4:30-6PM RAINBOW CONNECTIONS</div> <div>4-7PM GIRLS GROUP</div> <div></div>	<div>19</div> <div>3-6 NEURO DIVERSE DROP-IN</div> <div>5-7PM ARTIST IN THE 6IX</div> <div></div>	<div>20</div> <div>2-7PM DROP-IN</div> <div>4:30-6PM PEER SUPPORT</div> <div>4-6PM MAKER'S SPACE</div>	<div>21</div> <div>2-7PM DROP-IN</div>
<div>24</div> <div>2-5PM DROP-IN</div> <div>5-7PM COOKING</div> <div>5-7PM HAIR BRAIDING</div> <div>6-8PM MUSIC ENGINEERING</div>	<div>25</div> <div>3-4PM DROP-IN</div> <div>1-5PM FOOD MART</div> <div>4:30-6PM RAINBOW CONNECTIONS</div> <div>4-7PM GIRLS GROUP</div> <div></div>	<div>26</div> <div>3-6 NEURO DIVERSE DROP-IN</div> <div>5-7PM ARTIST IN THE 6IX</div> <div></div>	<div>27</div> <div>2-7PM DROP-IN</div> <div>4:30-6PM PEER SUPPORT</div> <div>4-6PM MAKER'S SPACE</div>	<div>28</div> <div>2-7PM DROP-IN</div>



## A SPACE WHERE YOUTH CAN COME TO CREATE, CONNECT, LEARN, AND INSPIRE!



### NEURO DIVERSE DROP-IN

Designed for individuals who identify as Neuro-Diverse, our supportive space lets participants engage at their own pace, connect, and explore fun activities.



**Jessica.Myerse@stridestoronto.ca**

### STUDIO 2 MULTIMEDIA

Multimedia training that supports youth in the development of multimedia skills as well as social skills, with an emphasis on media literacy, employability skills and mental wellness. Current workshops are photography, beat making and recording studio. Every group is 8 weeks.

**TO REGISTER:**



**Sean.Mauricette@stridestoronto.ca**

### ZONE FOOD MART

A food security program supporting youth and families.

**TO REGISTER:**



**Emma.Aspinal@stridestoronto.ca**

### YWHO PEER SUPPORT

Hang with our Peer Supporter Jesse and other group members as we chat about a range of topics while doing activities & eating snacks!



**Jesse.Kerr@stridestoronto.ca**

### NEWCOMER YOUTH ENGAGEMENT PROGRAM (NYEP)

Programming for youth 12-21 years old who are Newcomers to Canada and are Permanent Residents or Conventional Refugees. Providing FREE weekly activities that include community outings, volunteer opportunities, job readiness, sports, and mental health workshops.

**TO REGISTER:**



**Tanya.Gupta@stridestoronto.ca**

### GIRLS' GROUP

Encouraging girls to form meaningful connections, embrace independence, and grow in confidence while having fun!

**TO REGISTER:**

**Valerie**



**647-223-6273**

### RAINBOW CONNECTIONS



A weekly drop-in group led by a queer-identifying therapist. Talk about what's on your mind, take part in creative activities, and build connections within the Queer community.



**Rachel.Leggett@stridestoronto.ca**

**ALL OF THE PROGRAMS BELOW ARE DROP-INS  
FOR MORE INFORMATION CONNECT WITH:**



**Marianne.Comeau@toronto.ca**

### MAKER'S SPACE

Craft and build with new ideas. Explore tools and materials, get inspired, and let your imagination flow to create something uniquely yours.

### ARTIST IN THE 6IX

Learn how to paint, sketch, and customize your own creations! Dive into various artistic techniques and go on inspiring art trips around the city.

### HAIR BRAIDING

Celebrate the beauty, and creativity of hair braiding as you learn various techniques to style and care for natural hair with confidence.

### MUSIC ENGINEERING

Explore recording, mixing, and producing music as you create beats, master tracks, and gain experience with industry-standard tools.

### STUDY TIME/ YOUTH DROP-IN

Unwind, hang out, or get homework done in our lively and welcoming environment. NO REGISTRATION NEEDED

# Drop-In DBT Skills Group

**Tuesday  
November 18th  
4:30-5:30pm**

youth  
wellness  
hubs  
ONTARIO

carrefours  
bien-être  
pour les jeunes  
DE L'ONTARIO



Are you experiencing mood swings, feeling down and anxious, struggling with relationships, stressing about things happening in your life, or just want to work on improving your mental health and meet peers with similar struggles?

## Join our monthly drop-in DBT group to build skills in

- Mindfulness
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness



## Details

Ages 12-25 years old  
Topic: Distress Tolerance  
100 Consilium Place, Suite 102

## Future Dates

Tuesday December 16th -  
Emotional Regulation



**Registration not required. Drop-in or contact [scywho@stridestoronto.ca](mailto:scywho@stridestoronto.ca) or 416-346-4516 for more info.**

  
**Strides**  
TORONTO

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and families thrive





**Tuesdays**

Starting **OCTOBER 7**



**4:30-6:00 pm**



**100 Consilium Place, Suite 102**

# RAINBOW CONNECTIONS

Drop-in group for 2SLGBTQIA+  
youth age 12-25

Join us for this weekly group led by a queer-identifying therapist. Talk about what's on your mind, take part in creative activities, and build connections within the queer community.

**Interested in individual therapy?** Identity-affirming counselling for 2SLGBTQIA+ youth is also available. Contact [scywho@stridestoronto.ca](mailto:scywho@stridestoronto.ca)

**Questions? Contact [rachel.leggett@stridestoronto.ca](mailto:rachel.leggett@stridestoronto.ca)**



Helping children, youth  
and families thrive



Think you have might have  
ADHD but don't know who  
to talk to?

Feel like your neurotypical  
friends just don't get it?

Then come visit the...

Ages  
12-25

# Neuro-Diverse Youth Drop-In

100 Consilium Place, Suite 102  
Wednesdays 3-6PM



Hangout & Connect  
with Peers



Snacks Provided



Games & Activities

Contact: Jessica Myers  
[jessica.myers@stridestoronto.ca](mailto:jessica.myers@stridestoronto.ca) for  
more information





SPECIAL  
EDITION



Drop in



SPECIAL  
EDITION

STARTS JAN. 2025

# PEER SUPPORT



## GROUP

*Hang with our Peer Supporter Jesse and other group members as we chat about a range of topics while doing activities & eating snacks!*

## BIO

*Takes place:  
Thursday 4:30-6PM*

*Location:  
100 Consilium - Suite 102 (Ground Floor)*

*Contact:  
437-422-3018 or [jesse.kerr@stridestoronto.ca](mailto:jesse.kerr@stridestoronto.ca)*



vibes



art



chats



more!



## ONE ON ONE



*One on one peer support sessions are also available!*

ABOUT YOU



ABOUT ME



ABOUT US