



YWCA TORONTO

# GIRLS' CENTRE

FOR GIRLS AND GENDER DIVERSE YOUTH

October 2024-June 2025 Programming

## WELLNESS CONNECTIONS

Mondays, 4:30 6:30p.m. • From Oct 21, 2024 June 2025 • ages 14-18

This life skill program focuses on youth's core determinants of health. Introductory tools to practice to understand mind conditions. Allowing youth ages 14-18 to explore individual strength and vulnerability to reflect, share perspectives and create compassionate connections that are self-directed and positive. **To register, please contact Dunia Azzara at [dazzara@ywcatoronto.org](mailto:dazzara@ywcatoronto.org) or Monica Lin at [mclin@ywcatoronto.org](mailto:mclin@ywcatoronto.org)**

## TD BANK & YWCA GIRLS' CENTRE

Tuesdays, 4:30 5:30p.m. • From Sept 24, 2024 - April 2025 • Grade 11 & 12

This VIRTUAL program is an opportunity to apply for an internship position with TD Bank! This program allows grade 11 and 12 students to gain volunteer hours and and participate in workshops held by TD representatives once a month. Workshops cover career-related topics such as creating a résumé, introduction to capital markets, interviews and networking skills, financial literacy and more! **To register, please contact Doreen Tham at [dtham@ywcatoronto.org](mailto:dtham@ywcatoronto.org)**

## FUTURE SOUND 6ix

Tuesdays, 4:30 6:30p.m. • From January 2025 May 2025 • ages 14-18

University of Toronto Faculty of Music X YWCA Girls' Centre. This music-focused program is tailored to ignite the potentials of youth ages 14-18 with the creative platform to learn with UofT Faculty of Music's creative grounding practices and equip youth talents with tools to thrive in their daily lives. **To register, please contact Monica Lin at [mclin@ywcatoronto.org](mailto:mclin@ywcatoronto.org)**

## YOUTH FUSION

Wednesdays, 4:30 6:30p.m. • From Oct 2, 2024 - June 2025 • ages 9-13

This engaging program is designed to ignite the potential of youth aged 9-13 through a fusion of Science, Technology, Engineering, Arts, and Mathematics (STEAM) learning, essential life skills development, and dynamic team-building activities. Participants will enhance their communication, problem-solving, and collaboration skills, and build strong connections with peers through fun and interactive challenges. **To register, please contact Doreen Tham at [dtham@ywcatoronto.org](mailto:dtham@ywcatoronto.org) or Andrea Bruner at [abruner@ywcatoronto.org](mailto:abruner@ywcatoronto.org)**

## DROP-IN

Thursdays, 4. 6p.m. • Starting October 3rd, 2024 June 2025 • ages 9-18

A Girls' Centre favourite! Our Drop-In Program offers a safe space for youth ages 9-18 to connect with other girls and gender diverse youth. Come join us for a movie/game night, dinner and snacks and expand your community network! **To register, please contact Doreen Tham at [dtham@ywcatoronto.org](mailto:dtham@ywcatoronto.org) or Andrea Bruner at [abruner@ywcatoronto.org](mailto:abruner@ywcatoronto.org)**

## FRYAY EVENTS

Every PA Day on Fridays 10:30a.m -3p.m. • ages 9-18

Come and join Girls' Centre in our special theme events on your PA days! You can expect theme days such as spa day, dog therapy day, boba barista day and more! PRE-REGISTRATIONS are required. **To register, please email [girlscentre@ywcatoronto.org](mailto:girlscentre@ywcatoronto.org)**

## GIRLS' COUNCIL

Fridays, 4:30 6:30p.m. • Starting October 18, 2024 June 2025 • ages 14 18

Girls' Council is a group of dedicated young women, girls and gender diverse youth leaders ages 14-18 who want to develop and/or enhance leadership skills, participate in civic engagement and be involved with community events and future youth programming. Council members will gain volunteer hours and experience in supporting their scholarship applications and résumés! **To register, please contact Dunia Azzara at [dazzara@ywcatoronto.org](mailto:dazzara@ywcatoronto.org) or Monica Lin at [mclin@ywcatoronto.org](mailto:mclin@ywcatoronto.org)**



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