

Children/Youth Health Programs (Hub)

Contact:

Charanjit Singh, Child/Youth Health Program Coordinator

csingh@schcontario.ca

416-642-9445 ext. 4473



Want to get involved in sharing your skills or expertise in our programs? Contact us!



Scarborough Centre for Healthy Communities



@SCHCONT

ask@schcontario.ca 416-642-9445

Where programs take place? Hub Mid Scarborough Catchment? Eglinton East/Kennedy Park (No restrictions)
All programs are *free*

Youth-led Programs!

MSYL – Mid Scarborough Youth Leadership (Youth Health Committee)

We team up and work with local youth in the community who are a part of a dedicated youth health committee that works to plan, implement and evaluate holistic health based programs, initiatives and events based on the needs of the community for children ages 6-12 and youth ages 13-24. Majority of programs run after school on a weekly basis for a duration of 4 to 12 weeks.

Some of Popular Programs

- **LYFT:** fitness program for youth to achieve their health goals through physical activity.
- **CHEF:** Cooking program that teaches youth nutrition, food selection and food preparation skills to lead a healthy lifestyle.
- **GROW:** Allows youth to discover the connection between food, nature, and the benefits of gardening by revitalizing community gardens.
- **GLTR:** Girls leadership program that discusses issues that affect them and aims to provide strategies on how to overcome these barriers.
- **Youth Drop In:** Safe space for youth to build and develop supportive relationships with other youth and staff in the community.
- **HARTS:** Children learn how to creatively express themselves through therapeutic arts.
- **Roots & Rhythms:** Fun instructional children's dance program that promotes physical activity.

October 2016

Health Promotion Workshops

The following can be combined into a weekly series of workshops.

- Mental Wellness
- Healthy Relationships
- Channelling Feelings
- Self Awareness (Mind Body Spirit)
- Self Love (Self Esteem/Self Respect)
- Male Masculinity
- Positive Body Image
- Youth Cultures

How to Get Involved Volunteering with SCHC

416-847-4127

volunteersupport@schcontario.ca

