

Youth Programs

SCHC General Information



Scarborough Centre for Healthy Communities



@SCHCONT

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Contact:

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Health Program Coordinator

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416-642-9445 ext. 4021



Are you interested in helping
with events or workshops?
Call us to learn more!

Girls' Group

After school program for girl's age 12-15 years old aimed at developing life skills, having fun in a safe space and enhancing mental health and wellness.

Participants get involved in youth-led activities and programs, learn more about resources in their communities and have the opportunity to share their strengths to build capacity. The girls will build relationships with their peers, recognize and enhance their leadership capabilities and attend workshops that are useful to addressing their needs and future endeavors.

The Emerge Project

The Emerge Project centers on the theme: Start the Conversation. With education, compassion and courage we can work together to prevent, address and rise above mental health issues.

The Emerge Project is an opportunity for youth whose lives have been touched by mental health issues to share their insights, develop capacity and be recognized as peer leaders. They then deliver workshops to their peer group by fostering engagement, education and support of mental health awareness. Wellness Kits are also available for participants that attend the workshops. www.emergeproject.org



Start The Conversation PSA



The Emerge Project

October 2016

Workshops and Presentations

Schools, libraries and community organizations can contact our Child/Youth Health Program coordinator if interested in having someone come out to provide a workshop or presentation on the following:

- Anger Management
- Mental Wellness
- Healthy Relationships (e.g. friendships, bullying, sexual health)
- Body Image/Self Esteem
- How to Engage Children and Youth
- Information about Scarborough Centre for Healthy Communities

How to Get Involved with Volunteering!

416-847-4127

volunteersupport@schcontario.ca

**the
Hub**
mid scarborough

 **SCARBOROUGH CENTRE FOR
HEALTHY COMMUNITIES**