



PROGRAM INFORMATION

A variety of programs are available for youth ages 13-19 in which youth learn about topics such as mental health, restorative justice, and healthy relationships. Girls only group and mixed group available.

SERVICES

Health promotion specialists and program coordinators engage youth in holistic health-based workshops, training and team building.

Schools, libraries and community organizations can contact our Health Promotion Specialists 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

CONTACT SCHC

416-642-9445 info@schcontario.ca www.schcontario.ca

PROGRAM CONTACT INFO

healthpromotion@schcontario.ca
416-642-9445 x 4473

ELIGIBILITY

All programs are FREE
Youth ages 13-19

LOCATIONS

Scarborough Centre for Healthy Communities
629 Markham Road Unit 2
Scarborough, ON M1H 2A4
Virtual as needed during COVID-19 pandemic

VOLUNTEERING WITH SCHC

Contact the Volunteer Coordinator at
416-847-4127
OR
volunteersupport@schcontario.ca

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