

YWCA TORONTO

GIRLS' CENTRE

FOR GIRLS AND GENDER DIVERSE YOUTH

October – December 2023 Programming



ONE STEP FORWARD

Tuesdays, 4:30-6:30p.m. • ages 9-13

This program focuses on strengthening youth's mental health utilizing tools and activities to identify stress patterns, learn key-concepts/factors to develop healthy coping and self-regulation skills. [Register at MLin@ywcatoronto.org](mailto:MLin@ywcatoronto.org) or ABruner@ywcatoronto.org

TD BANK X YWCA GIRLS' CENTRE

Tuesdays 4:30-5:30pm • Grade 11 & 12

This VIRTUAL program is an opportunity to apply for an internship position with TD Bank! Program allows grade 11 and 12 students to participate once a month workshop held by TD representative to learn about career-related topics such as creating a résumé, introduction to capital markets, interviews and networking skills, financial literacy and more! [Register at DTham@ywcatoronto.org](mailto:DTham@ywcatoronto.org)

DROP-IN

Mondays, 4-6p.m. • ages 14-18

A Girls' Centre favourite! Our FREE Drop-In Program offers a safe space for you 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! [Register at ABruner@ywcatoronto.org](mailto:ABruner@ywcatoronto.org) or DTham@ywcatoronto.org

YOUTH FUSION

Tuesdays, 4:30-6:30p.m. • ages 9-13

Is an engaging program 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 explore the world of STEAM, enhance their communication, problem-solving, and collaboration skills and build strong connections with peers through fun and interactive challenges. This program fosters holistic growth and equips young individuals with the tools they need to thrive in both academic and social settings. [Register at DAzzara@ywcatoronto.org](mailto:DAzzara@ywcatoronto.org) or ABruner@ywcatoronto.org

GIRLS' COUNCIL

Wednesdays 4:30-6:30pm • ages 14-18

Girls' Council is a group of dedicated young women, girls, and gender diverse youth wanting to develop leadership skills, participate in civic engagement and be involved with community events and youth programming. Council members will gain volunteer hours and experience in supporting their scholarship application and great addition to their resumes! [Register at MLin@ywcatoronto.org](mailto:MLin@ywcatoronto.org) or DAzzara@ywcatoronto.org

HOW TO BE YOUR OWN SUPERHERO

Fridays, 4:30-6:30p.m. • ages 9-13

This program is tailored for girls and gender diverse youth to explore their identities, strengths and tackle day-to-day adolescent challenges to increase positive socio-emotional relationships, sense of personal value and empowerment. [Register at DTham@ywcatoronto.org](mailto:DTham@ywcatoronto.org) or MLin@ywcatoronto.org

Programs have limited space. For more information or to register, please contact the **Girls' Centre Staff** at **416.266.1232**.



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