



# Jane Street Hub

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# May 2019



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Website: [Yorktownfamilyservices.com](http://Yorktownfamilyservices.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Supporting Young Families 4:30-6:30pm Youth Walk-in Counselling 3pm to 7:30pm (last session at 6pm)	3	4
<p>For more information on Programs and Mental Health Services available to Children and Families refer to Infant, Child and Youth Mental Health Calendar, call 416-394-2424 or visit our website.</p>						
5	6 Connect 4 4pm to 7pm CHOICES 5pm-7pm	7 Youth Walk-in Counselling 2pm to 5pm (last session at 3:30pm) West Toronto Youth Hub Official Launch 4:30pm-6:30pm	8	9 Supporting Young Families 4:30-6:30pm Youth Walk-in Counselling 3pm to 7:30pm (last session at 6pm)	10	11
12	13 Connect 4 4pm to 7pm CHOICES 5pm-7pm	14 Youth Walk-in Counselling 2pm to 5pm (last session at 3:30pm)	15	16 Supporting Young Families 4:30-6:30pm Youth Walk-in Counselling 3pm to 7:30pm (last session at 6pm)	17	18
19	20 Yorktown Family Services will be CLOSED for Victoria Day	21 Youth Walk-in Counselling 2pm to 5pm (last session at 3:30pm)	22	23 Supporting Young Families 4:30-6:30pm Youth Walk-in Counselling 3pm to 7:30pm (last session at 6pm)	24	25
26	27 Connect 4 4pm to 7pm CHOICES 5pm-7pm	28 Youth Walk-in Counselling 2pm to 5pm (last session at 3:30pm)	29	30 Supporting Young Families 4:30-6:30pm Youth Walk-in Counselling 3pm to 7:30pm (last session at 6pm)	31	

## West Toronto Youth Hub Calendar for May 2019

### **Supporting Young Families**

#### **Thursdays 4:30-6:30pm at Jane Street Hub**

Free Drop In Parenting program for parents who are 29 years old and younger who are pregnant or have children ages 0-6 years old. Choose from: Prenatal & Nutrition Education, Mothers' Support Group, Food Experience Class, Parent & Child group. Participants will receive TTC TOKENS, FOOD VOUCHER, DINNER, CHILD CARE (0-6 YRS). For more information please contact: **Karina at 416-394-2424 extension 225 or Neeli at 416-645-7575 extension 2911.**

### **Youth Walk-in Counselling at the West Toronto Youth Hub**

#### **Tuesday 2pm to 5pm (last session at 3:30pm)**

#### **Thursday 3pm to 7:30pm (last session at 6pm)**

Now you can access free mental health counselling services at West Toronto Youth Hub's new walk-in clinic for youth ages 12-29. Offered two days a week, there is no appointment, referral or health card necessary. For more information, please call **416-394-2424 ext. 221.**

### **SEEKING INTERESTED YOUTH! - Youth Mentorship Program**

Looking for youth between the ages of 12-25 who are interested in being matched with a positive caring adult over the age of 18 in a mentoring relationship. Mentee's will be supported by their mentors in areas of employment, education, academic achievement civic/community engagement, leadership and life skills. Mentors will further support youth by listening, validating and coaching them about navigating life and negotiating relationships as a young adult. If you are a youth interested in being matched with a mentor or would like more information, please contact: **Vhil at 416-645-7575 ext. 2060** or via email at **vhilc@yorktownfamilyservices.com.**

### **CONNECT 4!!!**

#### **Mondays from 4pm to 7pm**

Come, have fun, and interact with other youth in a positive space where you can BE YOURSELF and EXPRESS YOURSELF! Connect 4 is a drop-in group mentorship program that aims to connect you with friends, mentors, the community, and other resources! For more information you can contact: **Vhil at 416-645-7575 ext. 2060** or via email at **vhilc@yorktownfamilyservices.com.**

### **CHOICES Program**

#### **Mondays from 5pm to 7pm (offered during Connect 4)**

Choices is a 10 week prevention and early intervention for substance use program for youth aged 12 to 18. Choices provides up-to-date information about the effects of various substances and the environmental influences supporting substance use. As well as providing information to assists youth to develop the skills and confidence necessary to resist risk-taking behaviors including, but not limited to, substance use. For more information or to learn how to register for future sessions, please contact Chantal at **416-645-7575 ext. 2054** or via email at **chantal.senechal@yorktownfamilyservices.com.**

### **West Toronto Youth Hub Official Launch**

#### **Tuesday May 7th from 4:30pm to 6:30pm**

Come visit our integrated care location and see how mental health services, social services, and primary health care, delivered through multiple organizations, are working together. Featuring Tyrone Edwards as our Key Note Speaker. For more information or to RSVP to our event, visit our Event-brite page or call **416-394-2424 ext. 221.**

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*If you need **any** type of special support to participate or have access to our materials, please contact Human Resources at x222. Support persons accompanying someone to our services are most welcome.*