



East Scarborough

# Spring 2025 Youth Program Details (Ages 13 -24)



## This Way Up -Tutoring

Is an educational tutoring program that aims to increase academic skills, high school graduation rates, and access to post-secondary education/training for youth. The program recognizes the variety of barriers that youth face as they navigate through the educational system and offers academic support, post secondary and career discovery.

## Boys Mentorship—Men (t) to Succeed

Feel like nobody understands you? You are not alone! This mentorship program offers fun, leadership opportunities, peer mentoring and Field trips. While providing boys and young men with a role model to talk to and share the experiences of growing up.

## VIBE ARTS

Join us for 5 workshops that offer a dynamic platforms for youth ages 12-19 to connect, share their personal stories, and express their resilience through art.

## Mobile Studio

A mobile recording studio where youth can express themselves musically and creatively with guidance in a safe environment. Participants will have the opportunity to learn the process of songwriting and recording, sound mixing, beat mixing and mastering their own music.

## Food 4 Thought

Food skills development and capacity building program for youth. Offers youth education and hands -on food experiences focusing on general nutrition , food safety, food preparation , food selection and cooking skills and agriculture.

## Sista's

A 12-week program that allows Youth to meet other Youths who may share similar perspectives/lived experiences and continue that bond, creating a sisterhood. This group focuses on encouraging young women to participate in conversations that will inspire transparency, honesty and growth.

## Youth Council

Young individuals represent the East Scarborough region, giving them a positive space to voice concerns.

The youth involved will be given the chance to assist in program planning and attend Provincial and National Boys and Girls Club events, youth conferences and other trips advocating for the youth.

## Thrive

This 6-8 week program is designed to empower youth (ages 13-29) by addressing mental health and self-care holistically. It integrates discussions on mental well-being, stigma, emotional intelligence, and cultural responsiveness while providing practical tools for self-care across five key dimensions: emotional, mental, physical, financial, and spatial health. Participants will engage in interactive activities, discussions, and reflection exercises to enhance their overall well-being

## The Arts (Visual)

A fun and informal art program encouraging Youth to express themselves through arts & crafts in a safe and positive light. Various artistic techniques and materials are used to encourage and promote participant's creativity.

## Video game club -Esports Games

A gaming program in which participants can take their game-playing skills to the next level, acquiring new tactics and strategies. Participants will learn about the world of E-sports and experience tournament-like settings while building leadership skills.





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## Youth Programs

Scan or check out our website [www.esbgc.ca](http://www.esbgc.ca) for program descriptions and to register on-line for any programs that we offer at BGC East Scarborough, & MAAT Youth Innovation & Cultural Centre.



Spring Programs Start

March 31, 2025

Spring Programs End

June 13, 2025

## MAAT Youth Innovation & Cultural Centre

62 Orchard Park Drive  
Scarborough, ON, M1E 3T7

Tel: (416) 282-7284 X 304

Email: [youthprograms@esbgc.ca](mailto:youthprograms@esbgc.ca)

Website: [Website: https://www.esbgc.ca/youth-programs](https://www.esbgc.ca/youth-programs)

## Program Hours

Monday	4:00 – 7:30 pm
Tuesday	4:00 – 7:30 pm
Wednesday	4:00 – 7:30 pm
Thursday	4:00 – 7:30 pm
Friday	4:00 – 6:30 pm
Saturday	Closed
Sunday	Closed

## Office Hours

Monday	12:00 – 8:00 pm
Tuesday	12:00 – 8:00 pm
Wednesday	12:00 – 8:00 pm
Thursday	12:00 – 8:00 pm
Friday	12:00 – 7:00 pm
Saturday	Closed
Sunday	Closed

## Workshops/ Events

Youth Summit  
Tuesday May 27th  
5:00 - 8:00 pm

VIBE Arts. Art & Community  
Voices Project  
Wednesday, May 14th  
4:30 - 6:00 pm

SCAN THE QR CODE TO  
REGISTER FOR PROGRAMS!

SCAN ME

