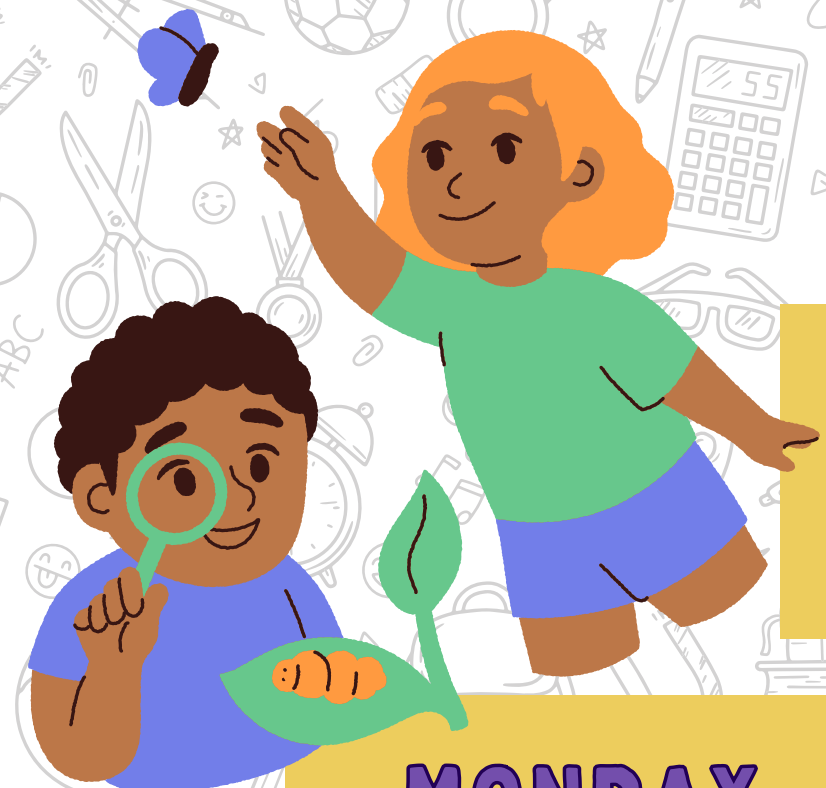




CHILDREN & YOUTH

MAY 2024



MONDAY

6,13,27

3:30 - 5:30 PM
SCHOOL PICK-UP
AND AFTER-SCHOOL
PROGRAM

3:30 - 5:30 PM
GIRLS YOUTH
WELLNESS
PROGRAM

TUESDAY

7,14,21,28

3:30 - 5:30 PM
SCHOOL PICK-UP
AND AFTER-SCHOOL
PROGRAM

WEDNESDAY

8,15,22,29

3:30 - 5:30 PM
SCHOOL PICK-UP
AND AFTER-SCHOOL
PROGRAM

THURSDAY

9,16,23,30

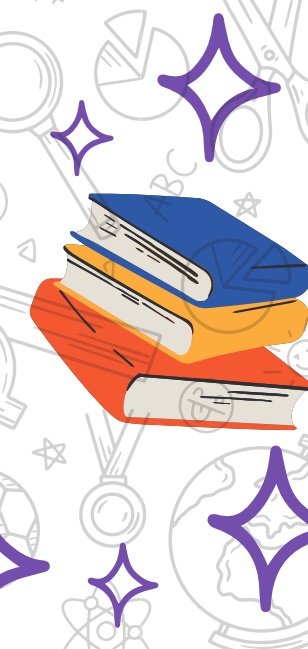
3:30 - 5:30 PM
SCHOOL PICK-UP
AND AFTER-SCHOOL
PROGRAM

FRIDAY

10,17,24,31

MAY 17-19
YOUNG WOMEN'S
WEEKEND RETREAT
REGISTRATION IS CLOSED

MAY 31-JUNE 2
YOUNG MEN'S
WEEKEND RETREAT
REGISTRATION IS CLOSED





CHILDREN & YOUTH

SCHOOL PICKUP AND AFTER-SCHOOL PROGRAM

Our free After-School Program, ensures your child with a secure pick-up from their respective schools, a safe journey back to our community center and wholesome snacks.

Children will enjoy a diverse range of enriching activities, including:

- Engaging cooking lessons
- Dynamic team-building activities
- Inspiring creative art projects
- Fun social outings
- Energizing fitness sessions
- and more!

We offer school pick-up to the neighbouring schools:

- St. Paul VI Catholic Elementary School
- Carleton Village Junior and Senior Sports and Wellness Academy

For more information:
416 656 8025 ext. 234
childrenandyouth@dpnchc.ca

GIRLS YOUTH WELLNESS PROGRAM

Our free Girls Youth Wellness Program focuses on increasing youth mental health and physical wellness. We offer this program to girls between the ages of 13-16 years old, living in the Davenport-Perth/St. Clair W. area.

We are happy to co-facilitate this program with:

- Tai Salih: certified Yoga Instructor and LuluLemon Ambassador
- Sariena Luy: Founder and Executive Artistic Director of Flaunt It Movement based in North York

Enrolled participants will enjoy the chance to unwind from the pressures of daily life with gentle yoga sessions, as well as the opportunity to unleash their creativity through a diverse array of artistic activities.

This is a 12 week program starting February 26 and ending May 27.

For more information:
416 656 8025 ext. 266
childrenandyouth@dpnchc.ca



Davenport-Perth

Neighbourhood and Community Health Centre



CHILDREN & YOUTH

YOUTH WELLNESS RETREAT YOUNG WOMEN & YOUNG MEN

Our two Youth Wellness Retreats provide an invaluable opportunity for the young women and men of the Davenport community to escape the hustle and bustle of daily life and focus on nurturing their mental well-being. In the spring, each group will embark on a rejuvenating weekend getaway, venturing outside the city to explore the scenic landscapes of Ontario. Accommodations, meals and activities are provided by DPNCHC.

Young women and men must be between 18-24 years old and living in the Davenport-Perth/St. Clair W. neighbourhood.

****Please note registration for all retreats are now closed****

For more information:

416 656 8025 ext. 266

childrenandyouth@dpnchc.ca

