

## **SYRC Program Descriptions**

***(May 2012)***

**Tropicana LYVE (Leading Youth to Valuable Employment)** funded by Service Canada is a wage subsidy program designed to assist unemployed youth between the ages of 15-30 obtain full time meaningful employment. The program is created to improve youth employability and to facilitate their successful integration into the current labour market. Youth who are facing multiple barriers to employment are eligible for the program.

**Volunteer Program** is available for students to complete their high school requirements to graduate and those wanting to contribute to the development of programs and events at the Centre.

**Power to Educate** is a program that provides youth with homework assistance as well as focus on teaching fun educational techniques to enhance their learning ability and enrich their learning experiences. *(Tue. & Thurs. 4pm-6pm)*

**START Fresh** is a program that gives youth the tools to learn and grow through their experiences in life. Youth will learn how to be true to themselves and others, maintain self-control, increase self-esteem, and work through conflict. *(Tue. 6pm-8pm)*

**Sister 2 Sister (Women's Group)** enables young women ages 12-24 to meet on a regular basis to participate in activities, workshops and healthy discussions surrounding current issues. Community role models are welcomed to participate in and facilitate workshops on a regular basis. *(Wed. 6pm-8pm)*

**Man Up (Men's Group)** encourages young men to gather and engage in discussion about current topics and issues of concern. The group fosters friendship amongst all who attend and supports healthy, safe and culturally appropriate development in young men during their transition stage from adolescents' to adulthood. *(Thurs. 6pm-8pm)*

**Job Focus** will look at tools that youth will need to know in order to become job ready, to gain employment and how to stay employed. The program will have employment counselling by AYCE as well as special guest who will present additional information on employment opportunities. *(Thurs. 1pm-4pm)*

**R & R Zone** is a time for youth to relax and enjoy themselves. Youth will be able to participate in fun active games, such as playing various board games, competing in Playstation and Wii tournaments and watching the latest blockbuster movies. *(Fri. 1pm-3pm)*

**Get Down, Stand Up (Break Dancing) Night** encourages both beginners and professionals to attend in order to share and perfect their craft in a safe environment. The centre provides "breakers" free space to dance and is open to "breakers" of all ages. *(Fri. 4pm-8pm)*

**Mornings in Motion** is an exercise program for infants and toddlers. Caregivers and their child(ren) will have a brisk walk through the Mall, followed by songs and stories. This program caters to toddlers from ages 0 to 2 ½ years. *(Mon. & Thurs. 11am-11:30am)*

***Please turn over for full schedule*** ↗