

# The Extra Scoop



Dovercourt  
Boys & Girls Club

WINTER 2021

DOVERCOURT BOYS AND GIRLS CLUB



Dovercourt  
Boys & Girls Club

## Celebrating Giving Back

-FURLANI-

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## How Youth are navigating the COVID-19 Pandemic

As the COVID-19 pandemic continues, its impact is taking a toll on career and economic opportunities, and mental health and wellbeing for youth. Since the 2020 winter break, schools in southern Ontario have remained closed for in-person learning until February 10, 2021. Students have been learning remotely for a while now. This has posed challenges for both teachers and students to complete curriculum and engage in effective learning. Some youth are juggling multiple jobs and learning or navigating new ways in which they can transition to post-secondary education. "With my learning I don't feel as motivated, I would log in to my class but being home there are so many distractions. I find myself not being 100% tuned in," said Tremar Brown, Club Staff member. Since the pandemic, Brown has been working multiple jobs and keeping up with his learning.

Brown was accepted at George Brown College and is thinking of taking additional courses for another program. "It's been a challenge. Classes are either so spread out or all at the same time so it's a challenge to juggle them," said Brown. Read the full story on page 7.

In case you missed it, Dovercourt Boys and Girls Club's winter highlights include:

- **Resources for Youth.** Access mental health, employment and education resources on page 3.
- **Helping Others Help Others.** Learn about the volunteers behind the Club's initiatives on page 8.
- **Inspiring Books Youth should read.** Discover fiction and nonfiction books for youth. page 11.

# Youth and COVID-19: Canada and Beyond

Post COVID-19 education and employment projections appear grim for the population least susceptible to the virus. In August 2020, the International Labour Organization published a global report, *Youth & COVID-19: Impacts on jobs, education, rights and mental health well-being* capturing the effects of COVID-19 on youth.

The report revealed that 65% of youth claimed to have learned less since the COVID-19 pandemic began. Lack of access to technological tools, resources, and disruptive environment were some of the contributing factors. As one of many shifts, online learning undoubtedly highlighted socio-economic divides in access to digital tools in regions where not all youth had access to online learning or training according to report findings.

Youth between the ages, 13 to 19, are living their most transformative educational years: graduating high school, applying for post-secondary education, graduate studies or moving out and trying to become financially independent. A smooth succession between the phases could guarantee strong career prospects and long-term financial stability. This would lay a strong foundation for pivotal events like buying a house, starting a business, etc.

Unfortunately, not only are educational halts impacting youth but industries that are comprised mostly of youth such as clerical services, sales, and

crafts were among the first to be shut down or were halted. With educational challenges and lack of employment, youth are falling behind which will impact their financial stability and careers in the long run.

In addition to the financial loss, insecurity and delays in workforce, mental health are areas impacted for youth. According to the report, young people whose education or work was halted or stopped altogether were twice as likely to be affected by anxiety or depression. The effects of enduring mental health challenges are long-term. Financial projections can go far but the challenges and impact of mental health are harder to quantify.

Nearly 38% of youth, globally, are uncertain about their future career prospects; 16% are fearful. This uncertainty and fear could threaten to delay recovery in education and employment opportunities according to the report's authors.



This recovery isn't just domestic as every country is facing its own unique set of challenges. This means different strategies as well: enforcing preventive COVID-19 actions in schools



(Afghanistan), establishing it's protocols for handling illness-es (Egypt, Russia, Belarus), using infrastructure and human resources to address the spread of COVID-19 in community (Liberia and Sierra Leone) according to the World Bank Group. So what needs to be done to support youth? According to the authors, this include governmental investments in jobs and training, social protection, unemployment insurance benefits, stronger efforts to boost the quality of online and distance learning and mental health. Services and psychosocial support are needed for younger generations. These measures would be critical in supporting younger youth, youth living in lower income countries and women who can dangerously fall behind in career and educational prospects.

Youth are complying with COVID-19 preventative measures. According to the report, their social activism has contributed to alleviating the economic and social effects of COVID-19 through complying with government measures, volunteering, and charitable giving. Supporting youth would accelerate COVID-19 recovery and strengthen existing systems. It's a win-win for everyone.

# Resources for youth:

**MENTAL HEALTH:** As we navigate significant life events, prioritizing your mental health is undoubtedly important. It is beneficial to express how you feel which gives others a chance to help guide you through challenges. Consider talking to a family member, friend or any trusted person you feel comfortable with, or seek confidential counseling services:

Organization	Description	Contact
Kids Help Phone	This 24/7 confidential online and telephone counselling service is led by volunteers and has expanded its mandate to include former youth in care of any age.	T: 1-800-668-6868 W: <a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a>
First Nations and Inuit Hope for Wellness Help Line (24 Hours)	24/7 telephone counseling is available in English, French and upon request in Cree, Ojibway, and Inuktitut.	T: 1-855-242-3310
Good2Talk	Free, professional and confidential counseling support for post-secondary students in Ontario.	T: 1-866-925-5454
LGBT Youthline	Created for youth who are a part of the LGBT community, this telephone, text and chat service is available from Sunday to Friday 4:30pm-9:30pm.	T: 1-800-268-9688 Text: 647-694-4274
211	Canada's primary source of information for government, community based, non-clinical and social services.	W: <a href="https://211.ca/">https://211.ca/</a>

## EMPLOYMENT:

Are you a recent graduate looking to enter the work force? There's plenty of ways to prepare for your future. For example:

### Job Bank

Besides LinkedIn and Indeed, Job Bank is Canada's national employment service (Website and app) and an excellent resource for finding opportunities.

### Coursera

Stand out from candidates by taking free courses at Coursera. This platform offers courses that can be completed in 8 hours with an option to obtain a certificate.

## EDUCATION:

### Teen Ink

Submit fiction, nonfiction, poetry, reviews and art work to national teen magazine, *Teen Ink*. Also, learn about summer programs, camps and post secondary institutions in North America through: [teenink.com](http://teenink.com)

### Freerice

Non-profit website, Freerice is a platform for helping you improve your vocabulary and exam performance. Freerice donates 10 grains of rice to the World Food Programme with every answer you get right: <https://freerice.com/>



### TED-Ed

Need inspiration or a different perspective for your paper? TED-Ed is TED's youth and education initiative that provides original animated videos by international teachers.

### Looking for financial help?

Visit: <https://www.csnpe-nslsc.canada.ca/en/what-is-new>

# Supporting Creativity and Discovering Innovative Solutions



Undoubtedly, the COVID-19 pandemic has halted many industries and is challenging the global economy everyday. However, restrictive measures and city-wide lockdowns also present an opportunity for businesses to rethink their operations, products and services and for people to re-consider their lifestyle, hobbies, work life balance, and living space.



Creative Technology Lab

Creativity is the prominent quality challenged amongst people. How should professional athletes keep up their fitness regimes? How can upcoming musicians perform? For those not occupied by professional endeavors, are there any passions, hobbies, or skill sets you want to pursue? How can we come up with creative solutions to the problems

imposed by the pandemic? Everyone is coping with the pandemic uniquely but there is a common theme between all of us; we are unleashing our creativity or lack thereof. For example, the need for user-friendly fabrics sparked a collaboration between Toronto hospitals and Ryerson University's Faculty of Communication and Design (FCAD). The faculty's Creative Technology Lab helped develop and manufacture innovative personal protective equipment (PPE). Creative solutions are in demand and organizations are seeing its importance. In November 2020, the United Nations (UN) adopted resolution A/RES/74/198 announcing 2021 as the International Year of the Creative Economy for Sustainable Development. This

declaration is endorsed by 81 countries and will support industries in advertising, architecture, arts and crafts, design, film, video, software, computer games, and electronic publishing and TV/radio. What does this mean? The United National Conference on Trade and Development (UNCTAD) will work with Indonesia, the UAE, and Oman to collect industry data and schedule events throughout the year that will support these industries. Customers want to see companies in these industries supported during the pandemic. In fact according to the Edelman Report, *Trust Barometer Special Report: Brand Trust and the Coronavirus Pandemic*, (March, 2020) 55% of respondents the report claims that brands and companies are responding more quickly and effectively than governments. Businesses are offering their products and services uniquely and focusing on supporting the brand and communities as opposed solely, to profits. According to the report, 84% of people claim they want to experience unique brand advertising that focuses on how companies can help cope with challenges related to the pandemic. And more creativity is to come.



# Dovercourt's Star Supporters



## Delivering Pre-cooked Meals

In January, Dovercourt worked with Penny Appeal to provide 250 meals to the Davenport community. The need was so great, the Club partnered with Kiss The Cook Catering to provide 130 additional meals.



## Coding Club courtesy of Kids Code Jeunesse

With support from Kids Code Jeunesse, Dovercourt Club is continuing its online Coding Club in 2021! This program is open to beginners who will learn the Scratch program and advanced coders who will learn Python.

# What's Happening at the Club



Dovercourt Boys and Girls Club helped 296 families with food, essentials, and precooked meals this past holiday season through its 10th annual Christmas Hamper Program in December 2020.

The Hamper Program presented a new challenge. In respect to COVID-19 prevention guidelines, the Club did not acquire or gather volunteers to sort over 870 boxes. Instead, over the course of 3 weeks, the Club's team did the heavy lifting.

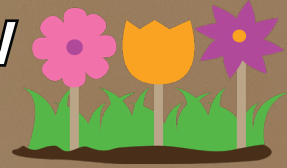
With delivery support from The Boulevard Club, Toronto Gaels FC, and Club family supporters, Dovercourt was able to provide hampers and



pre-cooked meals immediately. Families were provided with fruits and vegetables, meats, packaged and canned food, precooked meals, and toys. This program primarily supported Club families and as well Women's shelter, Pelham Park, Family Services Toronto, and the Club's outreach schools and new school, Saint Rita Catholic School.

In partnership with Toronto Transit Commission (TTC), Toronto Police Service, Holly's Toy Drive and community donations, the Club gathered and provided children of hamper recipients with toys. The program's precooked meals were provided courtesy of Kiss The Cook Catering.

# Everything you need to know about indoor gardening



When the winter blues kick in, you may be reminiscing fresh greens and summer gardens. And it is possible to grow healthy plants indoor all year round. Not only are indoor plants aesthetically pleasing but they also cleanse household air and remove toxins.

You have a plethora of indoor plants to choose from like vegetables (peppers, salad greens, kale, chards), herbs (basil, parsley, oregano, lavender), flowers (geranium, pansy, zinnia), and fruits (strawberries, blueberries, apples, citrus).

Usually, these plants don't consume a tremendous amount of space and some may be transferable to an outdoor garden. However, make sure you have a dedicated space for them whether it's a windowsill or a table. Your area should include adjustment for extra drops of water released from your plants.



Another important aspect to keep in mind is light. Plants need light to photosynthesize and you must ensure your space allows for natural light. If this isn't possible, consider purchasing a grow light. Grow lights are best for seed starting but can also be used to grow herbs and salad greens. Make sure your grow light is as close to the plants as possible without burning its leaves.

Temperature and humidity are also important for plant growth. Temperatures between 65-75 F are safest. Some signs of low-humidity you should look out for is if the tips of your leaves are turning brown or if plants look withered or are losing leaves.

Make sure to know how often you need to water your plants. Water frequency depends on the type of plants you are growing but generally watering houseplants once a week is sustainable. Desert plants like

cacti should still be watered weekly despite their ability to survive longer without water compared to broad leaf plants.

In an indoor environment, plants may not receive the same amount of nutrients from being grown outside. It's best to fertilize plants regularly; weekly or monthly depending on plant type. Most plants absorb nutrients from decaying leaves or twigs nearby and nitrogen, phosphorous and potassium through soil. It's helpful to boost this absorption for healthy plant growth!

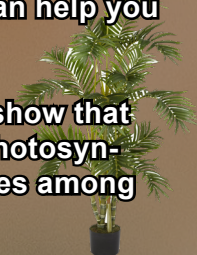
And don't throw your gardening food scraps away. Majority of this can be used to grow more plants or put towards a fertilizer so nothing is wasted. Growing plants from scraps or salvaged seeds is an excellent fun project for you and your family. Feel free to decorate saucers or containers for your plants as well!



## Did You Know?

**Snake plants are natural air purifiers that improve the air around you and can help you sleep better.**

**Conclusive tests show that music supports photosynthesizing processes among indoor plants.**





Statistics Canada's Economic Insights article, "School Closures and the Online Preparedness of Children during the COVID-19 Pandemic,"

revealed some of the obstacles children and youth are facing such as organization, self-regulation, motivation, and grasping learning material when teachers are not physically present. "When you're at home, the teacher gives you more work and all of the teachers give the same work load," said Tremar Brown.

Brown has kept himself busy through work where he has had safe interactions with

others, reading books and playing video games. Brown works with Dovecourt Club to help facilitate youth programs and community initiatives.

"There's only so much that can be done virtually," said Brown. "I enjoy working with youth a lot because being one myself—these are crucial years and you are molded into who you are. We have virtual programs but I don't feel the youth aren't as engaged as they were before."

## Reducing the Spread of COVID-19



Canadian youth play an important role in reducing the spread of COVID-19. By following the recommended health and safety measures, you can protect yourself, friends, family and people who are at high risk of more severe diseases or outcomes.

-Stay home if you're sick or have any symptom of COVID-19 even if it is mild. You can use the COVID-19 Self Assessment Tool (<https://ca.thrive.health/covid19/en>) if you are unsure about your symptoms.

-Wash your hands often with

soap and water for at least 20 seconds and use hand sanitizer containing at least 60% alcohol.

-Cough and sneeze into a tissue or the bend of your arms and throw away used tissues in a garbage can and wash your hands.

-Avoid touching your face, mouth, nose and eyes.

-Practice physical distancing by keeping 2-metre distance from those who do not directly reside with you. And stay at home as much as possible if you are at risk of more severe diseases or outcomes from COVID-19.

-Wear a non-medical mask when physical distancing isn't possible or is unpredictable whether indoors or outdoors, specifically in crowded settings, you're indoors with people who aren't in your contact

bubble and when required by business or local public health authority.

Amidst the pandemic, there has been an increase in reports of harmful campaigns and malware scams related to COVID-19. In these scams, emails or calls are being sent from people pretending to be from the government who are attempting to obtain your money or private information. Check your sources before reading and sharing articles with others. Looking for more resources? Check out: <https://www.stigmafreetoolkit.com/>



## Helping Others Help Others

Majority of Dovercourt community initiatives are powered by sponsors and volunteers. Meet some of the Club’s recent volunteers who have helped us give back to the communities we serve.

The Boulevard Club is one of many long-term companies Dovercourt Club has partnered with to facilitate Club initiatives such as hamper projects, food delivery and our Teaching Garden. Volunteers have been the driving force behind organizing, packing and delivering hundreds of hampers and other essential items that would have taken much longer. The Christmas Hamper Program is the most recent example.

Marilyn Russell became involved with the Club through The Boulevard Club. Russell’s nephews also attended Dovercourt 30 years ago. “I volunteered to help with the hampers a couple of years

ago. I wanted to help this year [2020] as I know how much the pandemic has affected families in need,” said Russell.

Since the COVID-19 pandemic ensued, the Canadian economy, especially its service-based industries faced harsh contractions. According to Statistics Canada’s six month social and economic update (October 2020), household spending decreased by 13% and employment earnings by 9%. With this decline, Canadians’ quality of life: finances, health and social contacts have been impacted. Organizations like Dovercourt Boys and Girls Club play a key role in supporting communities mount these challenges.



Russell’s most memorable highlight from volunteering with the Club is delivering hampers to a partnering church. “They were so happy to get the delivery and it appears that they were going to help out a lot of families with the hampers and gifts that were provided. I didn’t realize the Hamper Program had such a far reach,” said Russell.

## Ways You Can Help During the COVID-19 Pandemic



Your health and safety is the utmost priority. If you are financially able to or are comfortable, consider engaging in these activities.

1. Donate to non profit organizations that are responding to COVID-19. The pandemic is creating additional needs which nonprofit organizations

are working to fulfill. But they are facing financial pressure similar to businesses.

2. Volunteer for organizations or businesses that provide critical services. Consider searching online or reaching out to local charities for volunteer opportunities that would fill critical gaps in services. Such activities don’t always require a physical presence, such as grant writing, hotline service, etc.

3. Utilize your network and social media platforms. It’s important for everyone to receive accurate information about the pandemic and events at large.

Consider sharing information, resources and opportunities with your existing network and on social media to help others. Your information can serve as an important tool, solution, or source of inspiration.



# Youth Wellness Toolkit

## Courtesy Stigma-Free Society



Looking for ways to stay busy and keep your mind and body occupied? Check out these tips and tricks from Stigma-Free Wellness that will help you fight boredom!

### Start an indoor garden

With help from the Club's online program, Dovercourt Bringing the Garden Home, make a list of herbs, vegetables and flowers you would like to grow and start planting! Use reusable

containers from around the house for your seeds and feel free to decorate them.

### Host a Netflix Party

Netflix Party is a way to sync the shows you're watching with your friends so you can watch a series together. Set a date and stay connected with your friends!

### Learn how to cook

This is the perfect time to roll up your sleeves and dive safely into cooking if you haven't before. With the help from your parents or guardians, start with simple recipes that interest you and work your way up to recipes that require more techniques!

### Gratitude Journal

There are numerous mental and health benefits to practicing gratitude. Not only will you feel

calmer and happier but also you will be able to look back at a journal filled with experiences, things or people you are grateful for which will be uplifting through challenging times. Aim to write down 3 things you're grateful for every morning or evening.

### Create a playlist

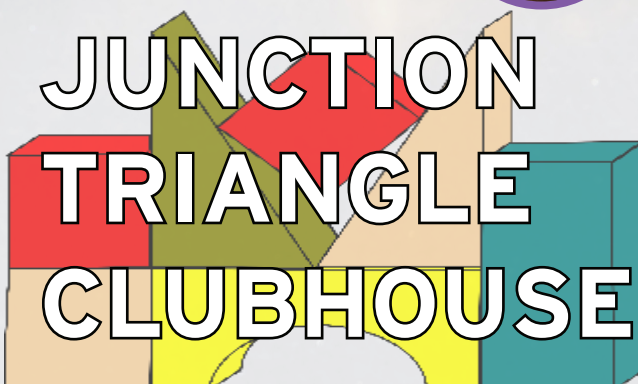
Music is another great way to boost your mood, bond with others and learn about yourself especially when you explore new genres and artists! Update your current playlist and explore new genres and languages.

### Make a Comic Strip

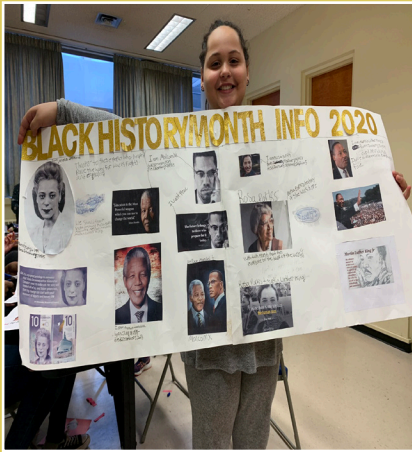
Start writing and drawing a comic strip for your favourite superhero or movie character! Try creating a series and sharing it with your friends and family.



During the winter season, gardening doesn't stop at the Club. Besides switching gears to indoor gardening, the Club tends to existing plants to get them ready for the spring and summer season.



# Black History Month



Black History Month celebrates the contributions of Black Canadians who have

helped make Canada become the culturally diverse and prosperous country it is.

How can you learn more or participate in Black History Month despite COVID-19 preventive measures? Discover online learning programs courtesy of The Buxton National Historic Site & Museum: <http://www.buxtonmuseum.com/>

If you prefer events, check out London Public Library's online Black History Month events:

<http://www.londonpubliclibrary.ca/black-history-month>. The Chatham-Kent Black Historical Society is providing virtual tours: <https://ckbhs.org/>. If museums aren't your thing, don't fret! RadioPublic is a free podcast app which has a collection of podcasts about Black History: <https://radiopublic.com>. For archives and exhibits, visit: [http://www.archives.gov.on.ca/en/explore/online/black\\_history/index.aspx](http://www.archives.gov.on.ca/en/explore/online/black_history/index.aspx)



**SHARING FOOD**

Name: \_\_\_\_\_ Date: 5/7

Write each problem as a fraction.

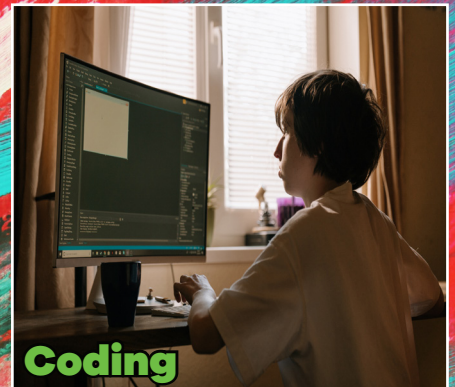
1. five sandwiches shared between seven students \_\_\_\_\_
2. five markers used by twelve children \_\_\_\_\_
3. six posters made by seven club members \_\_\_\_\_
4. three helmets used by four players \_\_\_\_\_

Administrator

**Math tutoring**



**Photography**



**Coding**



**Kid Food Nation**



**Master Chef**



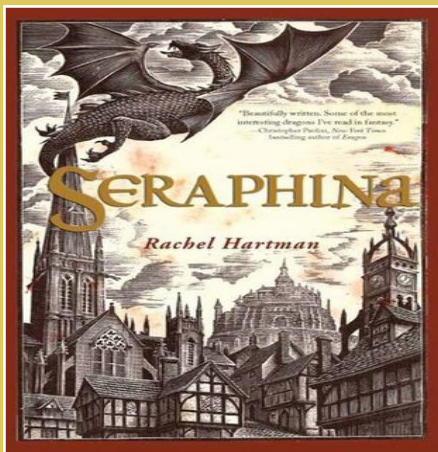
**Dovercourt Bringing the Garden Home**

# ONLINE PROGRAMS

**And more!**

Register today for Dovercourt's online programs: [info@dovercourtkids.com](mailto:info@dovercourtkids.com)

# Inspiring Books Youth Should Read



**When Everything Feels Like The Movies by Raziel Reid**

This young adult novel captures the perspective of a teenager navigating the ups and downs of highschool.

**With Malice by Eileen Cook**

This thriller follows the journey of 18-year old Jill Charron who finds herself at the center of an investigation.

**Exit Pursued By A Beak by E.K. Johnston**

This brave story covers the life of a cheerleading team captain who faces unexpected challenges in highschool. Johnston challenges people's perceptions of how we treat survivors.

**Half Brother by Kenneth Oppel**

13 year old Ben Tomlin's research-scientist parents bring

home a baby chimp to raise as a human child. Learn about languages, animal experimentation and the connections between animals and humans through this read.

**Seraphina by Rachel Hartman**

Do you think you know everything about dragons? Hartman fuses kingdom relations, dragons, and history in this fantasy novel.

**The Unlikely Hero of Room 13B by Tereasa Toten**

Learn about the ways through which support groups help teens deal with mental health and family dynamics.

## Try These At-home Activities! (Inspired by Dovercourt's online programs)

**Create a Photo Collage**

During the Club's online Photography program, members learn how to take amazing still photos and complete mini projects to improve their skill set. Delve into the fundamental of photography by capturing and collecting photos for your very own photo collage!

**Coding Club**

If you want to improve your programming skills, check out free online games: RoboZZle, Code-Combat, Blockly Games and Tynker Coding. These programs are very similar to the ones taught in the Club's Coding Club.

**Explore Food Alternatives**

Take the recipes learned from the Club's online Master Chef and Kid Food Nation programs and add your variations of ingredients like protein and dairy. Not only will new ingredients spark creativity but you will also learn about common, important food ingredients such as gluten, lactose, etc.

**Math Tutoring games**

Reinforce what you've learned during the Club' online math tutoring program by playing math flashcard games! Flashcards are an excellent and fun way to remember mathematical concepts.

**Start a book club**

Virtually connect with your friends and start a book club! You can start with the inspiring books above or any other genre. Reading is a great opportunity to connect with others and learn something new.

**TAG US ON SOCIAL MEDIA**

@dovercourtkids

## DOVERCOURT AND JUNCTION TRIANGLE CLUBHOUSES

"The Club that beats the Streets."

**REGISTER TODAY FOR  
AFTER SCHOOL PROGRAM**

**OR ONLINE  
CHARACTER DEVELOPMENT  
PROGRAM**



CLUB ASP PROGRAM RUNS FROM 3:00PM - 6:00PM

MARCH BREAK CAMP BEGINS MARCH 15, 2021

To support its members and support online learning, the Club has launched online programs under its Character Development Program. Members can expect weekly Zoom sessions with qualified instructors who conduct activities and allocate assignments. This year, Math tutoring, Photography, Coding Club, Master Chef, Kid Food Nation, Dovercourt Bringing the Garden Home and Virtual Circle Time: The Pigeon Club are being offered. Based on the humorous Pigeon series by Mo Willems, the Virtual Circle Time is a 6 week program that lets members participate in discussions, songs, mindful minutes, physical activities, and story-time. For registration, please contact the Club directly.



Physically activity goes beyond weight loss as it positively impacts motivation, emotional and mental health. To stay active and boost your mood consider these Move For Your Mood guidelines courtesy of Participation

### Engage in Activity outdoors

Embrace the outdoors by dressing appropriately and engaging in activities like building a snowperson, tobogganing or making snow angels.

### Virtual Physical activity

Try online fitness classes or follow YouTube videos to engage in sports, yoga or pilates.

For more info, check out:  
<https://www.participation.com/en-ca>

## DATES TO REMEMBER

**Online Camps begin**  
Monday January 5, 2021

**Online Coding Club, Dovercourt  
Bringing the Garden, Virtual Circle  
Time: Pigeon Club begins**  
Tuesday January 19, 2021

**Master Chef begins**  
Monday January 10, 2021

**March Break Camp**  
Monday March 15 - Friday March 19, 2021

**Family Day**  
Monday February 25, 2021

**St. Patrick's Day**  
Wednesday March 17, 2021

**Good Friday**  
Friday April 2, 2021

**Easter Monday**  
Monday April 5, 2021

**Victoria Day**  
Monday May 24, 2021

**For information on Dovercourt  
Boys and Girls Club Programs or  
to volunteer, please contact:**

**Mannie D'Elia**  
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Dovercourt Clubhouse @  
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**Igor Ribeiro**  
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**Tony Palermo**  
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**Sonia Machado**  
After School Program Coordinator  
Junction Triangle Clubhouse @  
416.530.4233  
[Soniam@dovercourtkids.com](mailto:Soniam@dovercourtkids.com)

 **Register for Online  
Character Development  
Programs**



To Register, visit us at:

180 Westmoreland Ave  
M6H 3A2 or 1379 Bloor Street West M6P4J5

For more information call us at  
Dovercourt Clubhouse: 416.536.4102  
Junction Triangle Clubhouse: 416.530.4233

Email: [info@dovercourtkids.com](mailto:info@dovercourtkids.com)  
[www.dovercourtkids.com](http://www.dovercourtkids.com)

**The Club welcomes  
DONATIONS for its  
Programming. To donate  
online, please visit:**

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