

MARCH 13 - MARCH 20 | 2026

guidance news

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post-secondary information



[click for more information](#)

 Ontario Universities'
Application Centre

www.ouac.on.ca

Your guide to applying to **Ontario Universities**

 [A Guide for High School Students Applying to
Ontario's Universities \[PDF\]](#)

 ONTARIO
UNIVERSITIES'
INFO
ouinfo.ca



Find a Program

Find out what you need to apply, like prerequisites, grade requirements and more.



Choose a University

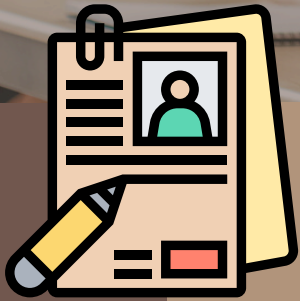
Get to know Ontario's universities and where they are located. Find information about campus visits, residence costs and more.



Plan Your Finances

Research what scholarships you can apply for and how much university will cost.

2025-2026 College Application Cycle



The College Application cycle for 2025-2026 has opened. Please visit www.ontariocolleges.ca to start your application. You can access all required information regarding colleges and programs as well as access links, tutorials and how to videos regarding the entire application process from start to finish.

Even though Equal Consideration day is Feb.1 students applying to competitive programs should do so by Nov.1. For further clarification or any questions please see Mr. Panagopoulos.



Grade 12 Graduating Students interested in applying to
Ontario Universities

OUAC IS NOW OPEN FOR FALL 2026 ADMISSIONS



Create your Account

You will need your OEN Number (Ontario Education Number – this is NOT your student number). You can find your OEN on your report card.

01

02

Start Your Research

All Ontario Universities have updated their program requirements and key dates on their individual websites and OUAC site



Explore your Options

Look at different programs, admission requirements, and scholarship opportunities

03

04

Application Deadline: January 15, 2026

Submit your program choices and pay by the deadline.





**Get Well
Health Team**
Your health takes a village

GET WELL FAMILY HEALTH TEAM IS ACCEPTING PATIENTS!

Get Well Family Health Team (Get Well FHT) is a collaborative, patient-centred primary care team committed to providing comprehensive, wholistic, and high-quality care.

Our team consists of family doctors, nurse practitioners, nurses, dietitians, social workers, psychotherapists, physiotherapists, and other interdisciplinary health professionals.

YOU ARE ELIGIBLE TO SIGN UP IF:

- You live in North York with priority given to residents living in M2N and M3H postal code area, **AND**
- You **DO NOT** have a primary care provider such as a family doctor or a nurse practitioner

Scan the QR code and start your Get Well journey today!



www.getwellteam.ca

4430 Bathurst St, Unit 103, North York, ON M3H 3S3
Digital Triage Line: 416-977-1560

** Please note: Get Well FHT reserves the right to decline registration for applicants who do not meet the eligibility criteria.*

2026-2027 EHSS

Canadian Achievement Scholarship

Value: \$20,000 (\$5,000/year
over 4 years)

Our mission is to empower newcomers by removing financial barriers to university. We are looking for motivated students with a strong drive to succeed who lack the financial resources to pursue their academic dreams.



Eligibility Criteria



Has arrived to
Canada in
Grade 7 or
later



Financial
need



Applying to
a Canadian
university



Strong
academic
average
(90%+)

Short listed candidates will be
contacted and interviewed in early
May 2026

Deadline to apply: April 24, 2026





"Holland Bloorview is an amazing environment to work in with such welcoming staff and energetic clients. At the end of each school year, I always look forward to returning to the next."

Returning Volunteer

Volunteering at Holland Bloorview

Do you want to ...

- **Make a difference** in the lives of children and youth with disabilities by helping to create a *world of possibility*
- **Give back** to the community
- **Gain valuable experience** for future academic programs and employment

Holland Bloorview Kids Rehabilitation Hospital, Canada's largest pediatric rehabilitation hospital, recruits volunteers for school year programs (September – June) every school year. This volunteer commitment is one shift per week throughout the school year.

Work with staff in programs such as therapeutic recreation, sports, arts and music, and school and nursery school classrooms. Volunteers support children and

youth with disabilities to participate in activities to achieve their goals.

In a recent survey, volunteers reported a **100% satisfaction rate** with their experiences.

To be a volunteer, you must:

- Be 16 years of age or older*
 - *14 (Bronze qualifications) for Aquatics only
 - *15 (FIRST club experience) for Robotics only
- Complete the online application form and submit two professional references
- Attend a Screening Interview and Training Session

Visit our website!

<http://www.hollandbloorview.ca/volunteer>

Questions? Contact us at 416-422-7033 or volunteers@hollandbloorview.ca

Concerned About a Teen or Young Adult in Your Life?

There is HOPE

Being a parent isn't easy, especially when your child is struggling with:

- › Anger, withdrawal, or risky behaviour
- › School issues or legal troubles
- › Substance use or addiction
- › Mental health concerns

You don't have to face it alone.



H PE

is a parent-run network of peer support groups.

We offer a safe, confidential, non-judgmental space where parents can:

- Connect with parents who understand
- Build skills and confidence together
- Get one-on-one support
- Access trusted tools and resources

Take the first step today!

1 · 866 · 492 · 1299

www.hope4parents.ca



LOOKING FOR A SUMMER JOB?

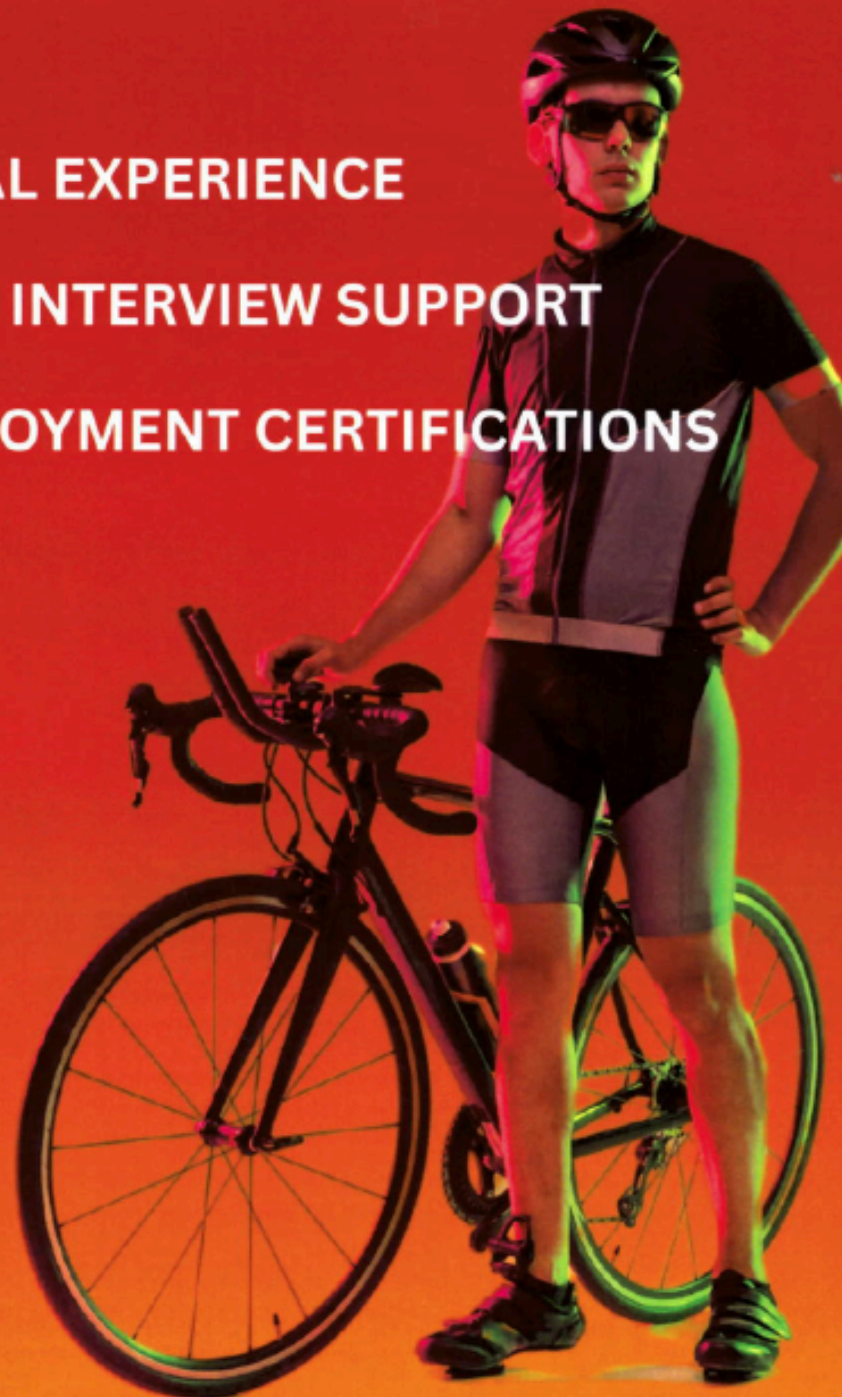
Sign up for our FREE Job Readiness Program where youth ages 13-24 will:

GAIN PRACTICAL EXPERIENCE

RECEIVE RESUME AND INTERVIEW SUPPORT

COMPLETE FREE PRE-EMPLOYMENT CERTIFICATIONS

**SCAN THE QR
CODE TO SIGN UP!**





Government
of Canada

Gouvernement
du Canada

Federal Student Work Experience Program



Looking for a job? Explore the possibilities in the federal public service

Discover the many career paths that the Government of Canada has to offer across the country. Gain meaningful experience working on projects and initiatives that impact the lives of Canadians. Join the top student employer in Canada: we're committed to diversity and inclusion!

Curious about how much you could earn? [Find out about rates of pay.](#)

You're eligible if you meet these 3 criteria:

- you're registered as a full-time student in a secondary or post-secondary accredited academic institution
 - this includes persons with disabilities considered to have full-time status by their academic institution, and participants in adult secondary-level education and retraining programs under the authority of an accredited academic institution
- you meet the minimum age requirement in the province or territory of work
- you'll return to full-time studies in the next academic term, or if you're in your final year of studies, you must have been previously employed under either the Federal Student Work Experience Program, the Co-op/Internship Program or the Research Affiliate Program

[Click here to learn more](#)

North York Youth Drop-In

YOUTH LEADERSHIP PROGRAM FOR NEWCOMER YOUTH

**New to Canada?
Join our free youth program!**

Scan to Register :



Why Join?



- Volunteer and earn volunteer hours
- Access to informal counselling
- Join leadership workshops
- Gain experience helping with afterschool drop-in
- Free snacks and more!

Contact Info



April.Shin@tngcs.org
416-799-7386

5231 Yonge St. Unit 200 (2nd. Flr)
IG @northyorkyouthdropin

Individual Support

Mon-Fri: 10:30AM-3:00PM

Afterschool Drop-in Hours

Mon-Thurs 3:30PM-6:00PM

Eligibility:

- **Between the ages of 13-19**
- **Permanent Resident**
- **Convention Refugee Status**

Funded by:

Financé par :



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada



United Way
Greater Toronto

March Break 2026

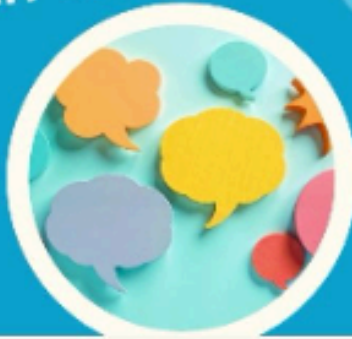
LEADERSHIP WEEK

MARCH 16, 17, 18, 19
1:30PM - 4:00PM

5231 YONGE ST. UNIT 200 (2ND FLR.)



TEAMWORK



COMMUNICATION



LEADERSHIP

Why Join

- CONNECT WITH YOUTH IN YOUR COMMUNITY
- ENGAGE IN LEADERSHIP ACTIVITIES
- ENHANCE YOUR LEADERSHIP SKILLS
- EARN VOLUNTEER HOURS
- FREE SNACKS

**Spots fill fast -
Sign up today!**

To register, please contact:
April.Shin@tngcs.org

@northyorkyouthdropin



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



CENTRAL NEIGHBOURHOOD HOUSE
30 SHEPPARD AVE. E.
1ST FLOOR'S COMMUNITY HOUSE



United Way
Greater Toronto

NORTH YORK YOUTH DROP-IN

5231 YONGE ST. UNIT 200
(2ND FLR.)
NORTH YORK M2N 5P8

MONDAY - FRIDAY

3:30PM-6:00PM

Looking for a community
to be a part of and earn
volunteer hours?

Limited spaces
available.
We prioritize
newcomer youth.

JOIN OUR
PROGRAM

- Volunteer Hours
- Leadership Workshops
- Informal Counselling
- Sports & Games
- ...and More

AGES 13-19
JAN-JUN
2026

REGISTER TODAY!

416-799-7386

April.Shin@tngcs.org

@northyorkyouthdropin

FREE
SNACKS!



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



COMMUNITY HOUSE
URHOOD LINE
E's COMMUNITY HOUSE



United Way
Greater Toronto

SUMMER YOUTH MOBILIZATION

Powered By
NeighbourLink
NORTH YORK

PARK CLEAN UPS



- Volunteer with **Youth-led initiatives** in the community
- Leadership opportunities

TECH & TEA



RECREATIONAL DROP-IN

AND MORE EVENTS!



Make Your **MARCH BREAK** Matter!

Student Volunteer Opportunities March 16-20

Monday, March 16



**Tech Support
for Seniors**

Tuesday, March 17



**Posting the neighbourhood
Food Sorting at our Food Bank**

Wednesday March 18



**Customer Service/
Outreach Training**

Thursday, March 19



**Posting the
neighbourhood**

Friday, March 20



**Volunteering with
NeighbourLink Q&A**

To sign up, scan QR code or click the link!



Interested in Volunteering the community?

SIGN UP TODAY:



www.neighbourlink.org/volunteer



We're Looking for **Volunteers**

Since 1993



Soccer Day Camps

...more than just a soccer/camp!



Apply
Online **Today**

Sign up for any of 3 sessions:

- ✓ Full Days (9am - 4pm, 35hrs/wk)
- ✓ Mornings (9am - 12pm, 15hrs/wk)
- ✓ Afternoons (1 - 4pm, 15hrs/wk)

Weeks in July or August

For more information:

 royalsoccer.com

 800-427-0536

For location & application details visit our website.

VOLUNTEERS NEEDED

CAMPS 2026

**Volunteer Training
Required; earn 40+
volunteer hours!**

P.A. Day Lego STEAM Camp

- 📍 Richmond Hill
 - 1595 16th Ave
- Markham
 - 3100 Steeles Ave E
- 📅 January 16th, January 30th, June 5th,
June 26th, 2026

Weekend Lego STEAM Camp

- 📍 Richmond Hill
 - 1595 16th Ave
- Markham
 - 3100 Steeles Ave E
- 📅 January 24th, 2026 - June 14th, 2026

March Break Sports Camp

- 📍 North Richmond Hill
 - Redstone Public School (TBD)
- South Richmond Hill
 - Doncrest Public School (TBD)
- 📅 March 16th, 2026 - March 20th, 2026

Weekend Sports Camp

- 📍 North Richmond Hill
 - Our Lady Help of Christians CES
- North Markham
 - Stonebridge Public School
- 📅 May 2nd, 2026 - June 6th, 2026

Summer Sports & STEAM Camp

- 📍 • North & South Richmond Hill
- North & South & East Markham
- Thornhill
- North Scarborough/Toronto
- 📅 July 2nd, 2026 - August 14th, 2026



**SCAN TO
SIGN UP!**



WE'RE HIRING CAMP STAFF!



- ★ Hiring Camp Counsellors, Swim Instructors & Activity Specialists
- ★ Paid Positions for July & August
- ★ Pre-Camp & First Aid Training, Meals, Snacks & Staff Socials Provided
- ★ Lasting Memories & Lifelong Friendships



APPLY NOW
CRESTWOODCAMP.COM
416.444.9595



WE'RE HIRING

SWIM INSTRUCTORS & LIFEGUARDS



- ★ Paid Positions for July & August
- ★ Pre-Camp & First Aid Training, Meals, Snacks & Staff Socials Provided
- ★ Lasting Memories & Lifelong Friendships

APPLY NOW

CRESTWOODCAMP.COM

416.444.9595





March Break volunteering

Holland Bloorview Kids Rehabilitation Hospital, Canada's largest Rehabilitation Hospital, is in the process of recruiting volunteers for our March Break programs. Programming includes recreation activities, and creative arts.

To be a volunteer, you must:

- Be 16 years of age or older (as of March 1, 2026)
- Complete an online application and upload two reference forms (available for download)
- Attend a Screening Interview and Training Session
- Volunteers must be vaccinated against influenza and have proof of vaccination or sign a declaration form regarding the decision not to be vaccinated.

Why volunteer with us?

- Discover how to help create a world of possibility for children with special needs
- Experience looks great on your resume

- Work alongside our world-class therapists and clinicians in a hands-on client program
- Complete up to 40 hours of volunteering in one week!

Apply now!



Questions?

volunteers@hollandbloorview.ca or call 416-422-7033

Holland Bloorview
Kids Rehabilitation Hospital



all guidance counsellor

MEETINGS

by appointment only



Email

US

to make an appointment.

guidance counsellor

2025-2026

A-C

S. Bhowmik

sunita.bhowmik@tdsb.on.ca

D-J

B. Panagopoulos

bill.panagopoulos@tdsb.on.ca

K-Ma

D. Low

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Mb-Sh

N. Lo Re

nicole.lore@tdsb.on.ca

Si-Z

J. Matsumoto

jason.matsumoto@tdsb.on.ca