

TECH CORNER

Have questions? Your guidance counsellors are still available to help you! Get in touch with us through email!

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CLICK



CLICK on the icons above to follow us on social media ☺

LEARNING AT HOME...

If you are in need of a device to help with remote learning, then the TDSB is here to help! Fill out the form [here](#) to request a device.

EVENT OPPORTUNITIES

VIRTUAL TOURS: THE CANADIAN STUDENT GUIDE FOR VIEWING SCHOOLS DURING COVID-19

Need help deciding where to go for college/university next year? Take a virtual tour! Here's the link:

<https://blog.studentlifefetwork.com/2020/03/25/virtual-tours-campus-student-guide/>

GUIDANCE NEWS

MAY 4TH – MAY 8TH 2020

PROGRAM OPPORTUNITIES

UNITY 10-WEEKS ONLINE WORKSHOP

A new 10-week series of free online-workshops for youth led by Unity. The courses will teach Hip Hop art forms (Spoken Word, Emceeing, DJing, Street Dance, Breaking, and Beatboxing), all through the lens of mental wellness and resilience.

UNITY LIVE SCHEDULE

FREE WEEKLY ONLINE WORKSHOPS AND CONTENT FOR YOUTH (AGES 12-29*)

ON ZOOM AND INSTAGRAM LIVE

APRIL 20 TO JUNE 26

MONDAYS	TUESDAYS	WEDNESDAYS
MINDFUL MONDAYS HOST: REDJEE 3 PM Zoom Link Zoom ID: 794-785-562	INTRO TO BEATBOXING HOST: SPARK 3 PM Zoom Link Zoom ID: 138-915-679	LETTERING & HANDSTYLES HOST: ADRIAN 3 PM Zoom Link Zoom ID: 172-281-912
INTRO TO BREAKING HOST: CLINTON / ADRIAN 7 PM Zoom Link Zoom ID: 792-225-615	INTRO TO SPOKEN WORD HOST: DAVID / REDJEE 7 PM Zoom Link Zoom ID: 239-369-282	STREET DANCE HOST: CAT / MEL 7 PM Zoom Link Zoom ID: 619-654-345
THURSDAYS LIVE Q&A FEAT. UNITY ARTISTS 3 PM Instagram Live unitycharity	FRIDAYS INTRO TO EMCEEING HOST: SWITCH B 3 PM Zoom Link Zoom ID: 951-040-708	SATURDAYS INTRO TO DJING HOST: ANDEL / ADRIAN 3 PM Zoom Link Zoom ID: 569-627-659
	INTERMEDIATE BREAKING HOST: BOB / MICK 7 PM Zoom Link Zoom ID: 455-515-518	

Ontario Trillium Foundation, Fondation Trillium de l'Ontario, Sun Life, MACKENZIE Investments, FLOURISH PERSONAL FINANCIAL, TORONTO, UNITY

Download the full schedule with Zoom links by clicking the image above!

SUMMER OPPORTUNITIES

TDSB ELearning Summer School

Registration for TDSB ELearning Summer School has started! If you want to take a course, you can register [here](#):

<https://schoolweb.tdsb.on.ca/elearning/e-Summer-School>

Contact your guidance counsellor if you have any questions!

AWARDS & SCHOLARSHIP INFORMATION

GRADUATE AWARDS

The deadline for the Earl Haig graduate awards has been extended to May 15. Check out our guidance site at <http://www.earlhaig.ca/guidance> for more information or to apply. If you have any questions, please contact Mr. Low at darren.low@tdsb.on.ca

The Jean Lumb

The Jean Lumb awards are presented to students of Chinese heritage who have achieved excellence in Academics, Athletics, the Arts, Community Services, Defence of the Environment, Dignity of Life, and Innovation. To apply, or for more information, visit:

www.jeanlumbfoundation.ca.

Deadline: May 18, 2020

The Rotary Club of Toronto's scholarship

The Rotary Club of Toronto's scholarship opportunity for students. Due date for students to apply is **June 1, 2020**. To Apply, or for more information, please contact Mr. Low at Darren.low@tdsb.on.ca

- Visit website for more information: www.forum.ca
- If you have questions you can also contact: lberg@forum.ca or 613-233-4086 ext. 1

Scholarships Made Simple.

ScholarTree is the #1 place to
Find Scholarships or Start a Scholarship in Canada! 🇨🇦

Check out <http://www.scholartree.ca> for an easy-to-use scholarship database. The majority of scholarships will be awarded over the next 2 months so apply soon

MENTAL HEALTH SERVICES

At this time it is important to check in on each other, it is great to send a DM, send a snap, or post a pic, but sometimes you need to make sure hear their voice. We know you are on your gadgets more than ever, so here are some sites that can assist you to support a friend in need.

<https://bethere.org/Home>

<https://mindyourmind.ca/>

<http://teenmentalhealth.org/toolbox/>

<https://www.stressedteens.com/covid-19-tool-kit>

Kids Help Phone.ca

Call: 1-800-668-6868

Text: CONNECT to 686868



COVID-19 Youth Mental Health Resource Hub

<https://jack.org/covid>

Come out and Run/walk a 5k for Mental Health During this period of Stress and Uncertainty

#unbreakablechallenge
Instructions: Run by yourself while following physical distancing measures. Record your 5km finishing time.

Date of this Virtual Race To be Announced in the near future.

From COPE

PROGRAM OPPORTUNITIES

ONLINE
SERVICES



NEW TO CANADA? IN HIGH SCHOOL? **THINKING ABOUT A FUTURE CAREER?**

**Newcomer Youth: Connections
for Success (NYCS) is the
program for you!**

- Online workshops
- Explore possible career directions
- Learn about colleges and universities in Canada
- Understand educational financial planning options
- Gain valuable workplace skills
- Access volunteer opportunities related to potential careers
- Connect with mentors
- Meet new friends and grow your social circle

Joining NYCS is easy!

Contact

michal.slabodnik@jvstoronto.org



www.jvstoronto.org



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



UJA FEDERATION
of Greater Toronto

ONLINE
WORKSHOPS

NEWCOMER YOUTH EMPLOYMENT WORKSHOPS

NYCS: Newcomer Youth Connections for Success



May
8 & 22,
12-2:00

Career Exploration

Are you confused about your future? Not sure what career to pursue and what to study in post-secondary school? Don't know much about career options in Canada? Do not worry! Join our interactive workshop (in 2 sessions) led by a Career Expert with coaching and free personality and interests test. You will come out of this workshops more assured and confident about your career path!

Open to youth ages 14 to 18 with a permanent residents card or convention refugees. A computer and internet access are required. Link and instructions provided upon registration.



To register, email michal.slabodnik@jvstoronto.org or Yahav.Barnea@jvstoronto.org
www.jvstoronto.org/workshop-calendar



Immigration, Refugees
and Citizenship Canada

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et Citoyenneté Canada



UJA FEDERATION
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Interested in this program? Please send an email to
michal.slabodnik@jvstoronto.org