

TECH CORNER

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

C. Zaghikian (A-CHE):

Christine.zaghikian@tdsb.on.ca

B. Panagopoulos (CHH-H):

Bill.panagopoulos@tdsb.on.ca

D. Low (I-Le)

Darren.low@tdsb.on.ca

R. Leo (Lu-R)

Rosalia.leo@tdsb.on.ca

J. Pascua (S)

John.Pascua@tdsb.on.ca

D. Lawrence (T-Z)

Douglas.lawrence@tdsb.on.ca

CLICK



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

GUIDANCE NEWS

MAY 25TH – MAY 29TH 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: REDDIE 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 / REDDIE 7 PM Zoom Link Zoom ID: 239-369-282	STREET DANCE HOST: CAT / MEL 7 PM Zoom Link Zoom ID: 659-654-345
THURSDAYS	FRIDAYS	SATURDAYS
LIVE Q&A FEAT. UNITY ARTISTS 3 PM Instagram Live unitysharex	INTRO TO EMCEEING HOST: SWITCH B 3 PM Zoom Link Zoom ID: 951-040-708	INTRO TO DJING HOST: ANDEL / ADRIAN 3 PM Zoom Link Zoom ID: 569-627-659
	INTERMEDIATE BREAKING HOST: BOB / MCK 7 PM Zoom Link Zoom ID: 455-515-518	

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

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

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.studentlifenet.com/2020/03/25/virtual-tours-campus-student-guide/>

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

Congratulations to Saba Marzabadi



Saba was placed third in the Core French Category of this year's -- online -- Toronto French Universities Contest!!!

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

Bill 7 Award

The Bill 7 Award Scholarship application is now open for students who are currently enrolled in, or will be starting their FIRST post-secondary program at an Ontario institution. Full details and the application form are available at www.bill7award.ca. Application deadline is Friday, August 7, 2020 @ 5 p.m. Please note that a reference letter is required, so if necessary, please connect with school staff as soon as possible if you are considering an application.

**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>

Unbreakable Virtual 5km

**Sunday, June 21st. 9:00am-9:00pm
(First Virtual 5km)**

Run 5k at any point, anywhere to support the only physical health for Mental Health.

For more information visit: <https://teamunbreakable.akaraisin.com/ui/virtual5k2020>

Win a \$100 Gift card Cineplex and Top Ten Fundraisers win Backpack and Lunch Box.

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@jvs.toronto.org

JVS
JVS TORONTO
www.jvs.toronto.org

United Way Greater Toronto | Immigration, Refugees and Citizenship Canada | ISAA FEDERATION of Greater Toronto

ACADEMIC RESOURCES



Math Help During COVID-19

<https://www.khanacademy.org/math/high-school-math>

JVS Newcomer Youth Connections for Success
Free customer service certificate for 14-18 year-old newcomers to Canada. Lunch is on us - eGift card!
Join a workshop and get a food eGift card for your favourite meal.

Website: www.jvs.toronto.org/workshop-calendar.

Email michael.slabodnik@jvs.toronto.org or yahav.barnea@jvs.toronto.org



ONLINE WORKSHOPS

**NEWCOMER YOUTH
EMPLOYMENT WORKSHOPS**

NYCS: Newcomer Youth Connections for Success

Service Excellence - Ontario Tourism Education Corporation

Looking for a job in retail & sales? This certification will take you one step closer to your goal! Go beyond basic customer service and explore service experiences from the perspective of the customer. Delve into the many factors that affect your customers' needs and expectations and create your own action plan for providing exceptional service.

May 28, 10-3:00

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.

JVS
JVS TORONTO

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

United Way Greater Toronto | Immigration, Refugees and Citizenship Canada | ISAA FEDERATION of Greater Toronto