



FOR IMMEDIATE RELEASE

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**The Junior League of Toronto partners with Pathways for Children, Youth and Families of York Region to empower at-risk youth.**

***Junior League of Toronto Kickstart for Health Program expands to York Region.***

In the spirit of “empowering youth”, the **Junior League of Toronto** has partnered with **Pathways for Children, Youth and Families of York Region**. As a result of the partnership, the successful **Junior League of Toronto Kickstart for Health Program**, which began in Toronto with the St. Alban’s Boys’ & Girls’ Club in 2006, was rolled out at the Pathways Drop-in Centre for youth in crisis in October, 2009.

“We are very excited to be expanding the **JLT Kickstart for Health Program** to York Region through our partnership with Pathways”, said Venise Stuart, President of the Junior League of Toronto. “Building on its success in Toronto, the program will empower York Region youth and their families to embrace a healthy lifestyle by building confidence, developing new skills and inspiring positive life choices.” The program consists of workshops and a recreation program centered around fitness, positive self-image, and nutrition. It will be available to the 100 or more homeless or at-risk youth between the ages of 13 and 24 who frequent the Pathways Home Base Youth Drop-In Centre every month.

Over the past 80 years, the **Junior League of Toronto** has made a positive impact on the quality of life for thousands of Greater Toronto residents by contributing over **\$4 million** to the community and initiating or supporting over **400 community projects**. It is a women’s organization committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.



**Pathways for Children, Youth and Families** delivers programs and services to those who need it most in York Region. It is a community-based organization responding to the needs of children, youth, and families through intervention, education and advocacy to enhance health, self-esteem and well-being. The Home Base Youth Drop-In Centre, in particular, offers youth downtime, answers and support. They exist, first and foremost, to protect the youth who use the Centre. For more information visit, [www.pathwaysyorkregion.org](http://www.pathwaysyorkregion.org)

As charitable organizations, both the **Junior League of Toronto** and **Pathways for Children, Youth and Families** rely on product and service support from sponsors for their programs. Donations in the form of food products, toiletries, clothing and gift certificates would be greatly appreciated. Professional services in the area of fitness, nutrition, body image and self esteem are also welcome.

For more information about the **Junior League of Toronto** and the **JLT Kickstart for Health Programs**, please visit [www.jlt.org](http://www.jlt.org).

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