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Trish Donnelly is the head chef at Tom&Sawyer Fresh Prepared Pet Meals.

THE Six

HOT AND TRENDY IN TORONTO



GUEST WRITTEN BY TRISH DONNELLY

1 Fiesta Farms (200 Christie St.)

I have been going to Fiesta Farms, on and off, for about 20 years. I love this grocery store because of the fantastic fresh vegetables and the local and organic products they have to offer. I can easily spend an hour in this store walking around, studying what is available.

2 Barrio Coreano (642 Bloor St. W.)

Sunday afternoon late lunch, with margaritas, has got to be one of the best ways to spend your day off. A must-try is the kalbi beef ribs, the best in the city.

3 Dorfer Shoes (165 Dupont St.)

This is the best place to get great shoes for people who stand all day. Like many people in The Six, I'm on my feet all day. Dorfer shoe store has never disappointed me with the selection of well-made shoes. Go in, talk to the salesperson, explain what you do, what kind of floor you work on and they will have a shoe for you.

4 The Dakota Tavern (249 Ossington Ave.)

The Dakota has a very special place in my heart. I spent a couple of years there as a regular and I can tell you that this basement bar is one of the

best places to see a live band.

5 Cherry Bomb Coffee (79 Roncesvalles Ave.)

I lived in the Roncesvalles neighbourhood for many years and I loved going to Cherry Bomb Coffee for their house blend coffee and a pecan scone. This small, super cute coffee shop is the neighbourhood hub, with customers coming in and out all day. This place is still my favourite place to get coffee, even though I don't live in the hood anymore. However, without fail, I will run into someone I know whenever I walk in.

6 Bairrada Churrasqueira (1000 College St.)

I love everything about this restaurant, from their BBQ chicken, grilled sardines and amazing back patio but mostly I love their piri piri sauce. This salty spice, miracle sauce goes well with everything. I've tried to recreate it, but nothing is as good as the original. Summer nights on the back patio is a great way to spend an evening, and it's the only place I know where two people can have a feast of grilled meats, fish and a bottle of wine for under \$50.

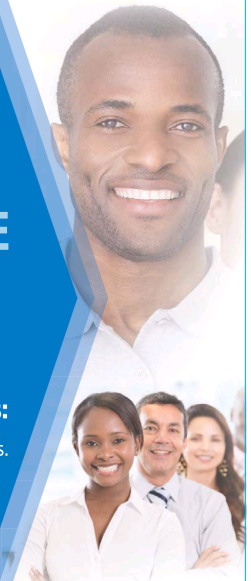
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Young Canadians say YES to a bright future

Abigail Joseph and Isaac Boateng discovered purpose, place and a bright future thanks to Toronto-based Youth Employment Services (YES).

Abigail, now 21, journeyed to Canada in 2012, alone at just 16 years of age. As a new arrival, with limited language skills in her adoptive country, finding work and becoming self-sufficient was a challenge. Abigail remained unemployed for four years. That changed just a few short weeks ago after a conversation at a new mothers group. "They told me about YES and its Youth Job Connection program," she said. "Now I have a job that I love and I can take responsibility for my own children."

Youth Job Connection (YJC) provides 60 to 90 hours of paid pre-employment activities that help participants learn necessary skills, gain interviews and earn a rewarding position with one of the more than 3,000 businesses that partner with YES.

YJC helped Abigail find answers, she said. "They want to help and it gives you hope. When you leave after your 60 hours of training you have a job - not just any job, something that you really want."

The key is to work with business partners and youth to find the right fit for their respective employment needs, explained Tim Lang, YES president and CEO. Some positions are in offices, others on a shop floor, and sometimes even outdoors. "There are many opportunities available to the graduates of our programs," he says.

For college-educated Isaac, 28, the challenge is a debilitating illness that makes it difficult to hold on to a permanent position. He found YES through a friend who had recently completed the organization's BizStart program. "YES gave me confidence and the mentors I needed to kick start my business," he said. "I knew what I wanted to do, but I didn't know where to start. YES

helped get me there."

BizStart is a full-time entrepreneurship training program that lasts six months. Participants learn about marketing, business planning, management, web design and other business related topics. They are also matched with a mentor.

"The training helped me structure my business so that I was in the right position to move to the next step when the program ended," says Isaac. His mentors have been an extremely important element of the program, he adds. "They were instrumental in helping to move my company forward, and they continue to support me as I build the business."

Isaac's future is full of opportunity. "I owe a lot of that to YES," he said.

YES is a free service, founded in Toronto in 1968, in response to a growing number of unemployed youth. Over the almost half century since it began, the organization has helped find rewarding work for

hundreds of thousands of youth like Abigail and Isaac. YES has also trained groups across the country and around the world to provide youth employment services in their region.

"Our doors are open to all youth aged 15 to 29 who are looking for work, seeking job or career counselling, or perhaps looking to return to school," Lang said. "We serve a very diverse range of young people. From those yet to complete high school to college and university graduates; disadvantaged or displaced youth; new Canadians; and, more recently, Syrian refugees."

YES serves youth across the Greater Toronto Area and from as far afield as Aurora and Hamilton. "We go to areas of need and really make an impact," said Lang. That is certainly the case for Abigail, "[YES is] like family and gives you a whole new lease on life," she says. "I am happy to have a job. If you want one too, come to YES."

Youth Employment Services partners with over 3,000 businesses. For more information, visit yes.on.ca. SUPPLIED



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